

SEVEN DAYS

FREE
COME AGAIN? 
PAGE 31
Spill it all in the
7D Sex Survey



HEALTH **FITNESS**

(GO AHEAD) — TRY THIS AT HOME)

HOW NOW, DR. HSIAO?

PAGE 14

A profile of Vermont's single-payer guru

SEE POLITICIANS RUN

PAGE 26

Or ski, or bike, or bench-press...

BUFF BALLERINAS

PAGE 29

Adult dancers get a leg up



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Sharpton Speaks in Burlington

Civil rights activist Rev. Al Sharpton spoke at Burlington's Lincoln University church last Sunday. The outspoken 56-year-old Baptist minister's talk show host and former presidential aide drew a crowd of 300 gathered to commemorate the legacy of Dr. Martin Luther King Jr.

The annual pro-MLK Day celebration is organized by Patrick Brown and the Greater Burlington Multicultural Resource Center. Previous speakers have included Amos Wilson and South Africa's Archbishop Desmond Tutu.



Photo: Peter D'Amico/Press

You cannot open the door of freedom and shut it after you walk through.

—Rev. Al Sharpton

"You cannot tolerate Dr. King without addressing that which will make you an uncomfortable civil Sharpton. That may mean you are going to lose friends, that may mean you are going to lose friends that often do not respect you. That may mean you get to talk to the right leaders in the U.S. Senate. That last remark was a reference to U.S. Sen. Barack Obama, who introduced Sharpton. Sanders received one of two MLK Community Service Awards at the event.

Sharpton stressed that Dr. King didn't just fight for equal rights for African Americans, he also appreciated the Vietnam war and spoke out against its horrific impact. "He is remembered that past week last, Jesus and the quest for freedom," said Sharpton. "You cannot open the door of freedom and shut it after you walk through."

"Your guest's position is shared by many others around in a big way on (Burl), the Green Days staff (Burl). I believe that Sharpton seems to have received past time." Read more about Sharpton's speech at www.burlingtonpress.com.

blogworthy last week...

SEVENEIGHT.COM/BLDG



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BURLINGTON

MLK FarmyPlate and others will be at the event. The event will be at the FarmyPlate store.

MLK FarmyPlate and others will be at the event. The event will be at the FarmyPlate store.



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facing facts



POOR PETE
A dog destroyed a house full of equipment at this a Green in Burlington — a huge setback for one of Vermont's most necessary projects. The dog was found.



NO COMMENT
A person told before the incident would make more sense. (Burlington) Vermont. (Burlington) Vermont. (Burlington) Vermont.



USE SAVINGS
The new savings plan in Burlington, where a couple stepped a decade of their savings plan into the future.



BLACK STAFF
Burlington's first public school district is looking for more Black staff. The district is looking for more Black staff. The district is looking for more Black staff.

\$789,000



That's how much money the city of Burlington has allocated in its budget for the next year, according to the Burlington Free Press.

TOP FIVE

HOTTEST TOPICS FOR THE WEEK OF JAN. 10

1. "Supply side" budget: Latham's. A new budget plan for the city of Burlington. The new budget plan for the city of Burlington. The new budget plan for the city of Burlington.
2. "All in the Media Family" by Gary Fottrell. The new generation of the media family. The new generation of the media family. The new generation of the media family.
3. "Full Circle: Places, People" by Gary Fottrell. The new generation of the media family. The new generation of the media family. The new generation of the media family.
4. "The Dark, the Dark" by Gary Fottrell. The new generation of the media family. The new generation of the media family. The new generation of the media family.
5. "The Dark, the Dark" by Gary Fottrell. The new generation of the media family. The new generation of the media family. The new generation of the media family.

tweet of the week:

Twitter

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Photo: Peter D'Amico/Press

100% RECYCLED PAPER

The idea here is that these corporate taxes are profiting while the state is paying for the decisions of poor and unhealthy people. Should there be other means to get people to have more healthy diets, like education? For sure, and where do the funds come from? Should the corporations support state health care out of profits that are gained through federal subsidies for cheap sugar? I think it would be fair to have a shared revenue source, ultimately one-half-cent added tax to the sugar and one-half-cent tax to company profits that goes to a fund. Might as well target candy also.

Ben Graham
PLANNED

THANKS FOR THE RIDE

Talk about refreshingly vivid and excellent writing: Laura Oler made me say "Wowwww!" with her piece "Zippity Doo Doo" (January 12). I'll never be able to ride a zip-line myself, but Oler took me there vicariously and gave me a big smile with her humor.

B.C. Wheeler
HARVARD UNIVERSITY

PLAY FOR SUDAN

Re: "Mormons' Sudden Shift the Road to Exercise Their Right to Vote," December 8] I have been praying for "100 Days for Peace in Sudan" poster. This is most important for this country, and I hope that the freedom we enjoy will be extended to those Sudanese here and in Africa.

Mary Ellean Wilson
WANTAGE N.J.

CORRECTING MISTAKES

Thanks for covering the issue of burning forests for electricity in Vermont, also biomass incineration ... While *[Daily Bread]* brings up a well-known article ("Biomass Boats? Why Wood-Piled Pylons Is Catching Heat in Vermont," December 12), there are some inaccuracies. The article states that "depending on how it's combined and what pollution controls a plant has, biomass can produce lower net carbon emissions than coal." While pollution controls are lower—but not eliminate—total air pollutants, you can't filter out carbon dioxide.

Further, the Massachusetts Department of Energy's "Mariner" study concludes that burning forest biomass for electricity puts out higher smokestack emissions than coal over at least a several-decade time frame.

— chronic scientific until we must cut our (IT) emissions now.

The article also claims biomass is "infinitely more renewable" than coal, which isn't the case. Trees grow back, but forests are nothing without soil. The more you log, the more you compact, erode and impoverish soil — particularly with biomass, which robs the high-nutrient tops and branches. It's time that we accept that infinite growth just isn't possible on a finite planet.

Josh's Scholarship
LARRY W. SCHLESINGER, JR.

Selkowitz is editor of *Business Eastern newsletter*.

IRANISTAN MYSTERY

Thank you so much to Ken Peters for "Whiskey Tango Foxtrot: How Did Ironston Road in Burlington's Hill Section Get Its Name?" (December 22). Being a Champlain Valley Vermonter and having lived here for most of my fifty-something years, I've driven past Ironston Road innumerable times. I have been wondering all this time where the heck that name came from.

I'm a words person, a name person, and I can't tell you the strange paths my thoughts have taken wondering how the heck that name came to be attached to that street.

You haven't solved my problem, but to know that I'm not the only one asking the question is very comforting.

Marina Elvén
 Head of HR

CORRECTION

In last week's "Fair Game," Shay Totten identified Doug Hofer as a Democrat. In fact, Hofer ran for state auditor last year as a Democrat and a Progressive.

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	GOOSE PUNK BAND PM
	DEE GUNNYS TONN / DEE NASTY TONN
SAT 12N	HYPER'S GUEST LIST PM
	LOVE IN SODOKOCHI PM
	DEE A-GOOD TONN / DEE STANFORD TONN
SUN 12N	DEE DEE NIGHT W/ ROBBER / PM
TUE 12N	HYPER'S GUNNYS PUNKS / PM
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the MAGNIFICENT

MUST SEE MUST DO THIS WEEK

COMPILED BY CAROLIN FOX

7

1

ONGOING

Build It Up

It takes a sense that an architectural designer would focus on form over function in her artwork, American **Alisa Owerstry** audiences aural form through her art. Crafted using cardboard, hand-painted, painted, and painted, and bamboo to form a series of sculptural, water in BCA Center's "Drawing Stronger" exhibit, on display through March 2.

SEE ART REVIEW ON PAGE 32



Alisa Owerstry's 'Surface Tension' 2010

FRIDAY 21 & SATURDAY 22

Instant Classic

A series of folk songs form a suggestion and of an eye to the future. "These performers and composers paired with a flowing silk costume and traditional music, create the sensual and subtle language Indian dance form known as Odissi. Acclaimed dancer choreographer **Sri Vidya Tallam** has shown ancient stories through the style in a lecture and dance on Friday and "An Evening of Classical Indian Dance" on Saturday.

SEE CALENDAR LISTING ON PAGE 47



3

FRIDAY 21 & SATURDAY 22

Due South

After **Dance Company of Philadelphia** performance sends students spinning southwest—all the way to New Orleans. Culture, Cash and Community: To Have or Have Not, directed by visiting lecturer in dance **Christal Brown**, puts a reimagining of the South and class. Catch its Midtown City Club in about better dance in take the show on the road for a week of community projects in the Big Easy.

SEE CALENDAR LISTING ON PAGE 47

2

FRIDAY 21 TUESDAY 25

Lure of the Lore

French **Ruby Polanco de Ruffo** really needs one of those "taken your seat belts signs at the beginning of their shows" enters the Boston winter. She has at the professional folk-dance troupers high flying kicks, contorted legs and lightning fast spins, and just too sexy. The explosion of color and movement, tells the story on Friday and (Dartmouth College on Tuesday) with a **Capote in the Kitchen** on Monday.

SEE CALENDAR LISTING ON PAGE 46 AND 42

4

SATURDAY 22

Hot Meal

If the first meal of the day is the most important, you certainly won't want to miss it helping at **The Breakfast at Higher Grounds** showcase lounge this Saturday. With its warm, lighted grooves, the four men behind the bar and expert mixology, goes down pretty easily.

SEE CLUB DATE ON PAGE 32

5

SUNDAY 23

Cabin Fever

As events end up the "Tables at the Stage" (Boston's Kitchen) contains the wooden structure is something of a musical set of variations — if you can get there. At Sunday's **Race to Shogun** **Pauline Collins**, cross-country skier is back the 44, closed for sweeping rights and a post-rock ballad.

SEE CALENDAR LISTING ON PAGE 42

6

FRIDAY 21 & SATURDAY 22

Over the Moon

Outdoorsy types at first week. A hot **Puff Moon** (see **Southwest Trek** visit) know where to go: down to the sparkling powder of up at the men in the moon. Brown way playing **old-world** panto over the contorted curves of **South Mountain** on a magically challenging, outdoor, weekend event — what a lot of fun, that's that.

SEE CALENDAR LISTING ON PAGE 46

7

everything else...

CALENDAR	044
CLASSES	058
MUSIC	078
ART	086
MOVIES	072

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6:30 PM	6:30 PM	6:30 PM	6:30 PM
7:00 PM	7:00 PM	7:00 PM	7:00 PM
7:30 PM	7:30 PM	7:30 PM	7:30 PM
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Pay It Forward

The clock is ticking for 44 of Burlington's poorest public-housing residents caught in a battle between their landlord and two housing agencies. Depending on which side wins, the low-income and disabled tenants could face eviction later this winter.

As *Seven Days* noted last year, Pitzagalli Properties is trying to sell its Wharf Lane building. It's one of thousands of affordable housing complexes built 30 years ago using taxpayer-subsidized mortgages and rental subsidies provided by the U.S. Department of Housing and Urban Development. The deal was: As the end of the mortgage, the developers would have the option to sell the low-income housing to the highest bidder.

How could small Wharf Lane finish on the open market?

A recent private appraiser reportedly estimates the building's market value at \$4.6 million, more than double the city's 2006 assessment of \$1.6 million. The lower figure reflects the building's current use: home to 37 units of affordable housing. The higher number measures potential revenues based on converting those into high-cost units for college students.

That's what happened recently at a HUD-subsidized, six-unit apartment building at 133 Maple Street. Run for a three-bedroom and three two-rooms from \$930 for a subsidized unit to \$1590.

Vermont Housing Finance Agency and the Burlington Housing Authority want to buy Wharf Lane and keep it affordable. But talks with Pitzagalli broke down in recent weeks, in large part because the nonprofits can't afford to pay top dollar for the building.

City officials are watching closely. "The city and our housing partners are doing all that we reasonably can to prevent the loss of this critical housing resource," said Brian Pilon, assistant director at the City Community Economic and Development Office. "We are talking about how to help you sell your property at a real hardship if they are forced to move out."

If the deal falls through, tenants will receive eviction notices by month's end. Their leases run through March 31.

"Some of us are panicked, and some of us are frustrated because there is no information coming from anyone," said Vera Newman, president of the tenants' association at Wharf Lane. "March 31 is coming up fast, and everyone just wants

to know: Are we staying? No one is prepared to move during the winter."

If they do have to go, Newman added, residents will face a very tight housing market, armed with subsidized housing vouchers that are difficult to get. In December, Chittenden County's rental vacancy rate was 1.6 percent, only a small percentage of the available units are handicapped accessible.

BHA executive director PAUL DENTON said he's confident the vouchers will come through as time. And he predicts that by year's end, Wharf Lane tenants will know for sure if they can remain in their homes or not.

Newman is not only worried for her neighbors but the people who live in the nearby 37-unit Robbin Mill apart-

mental support now and in the future is much appreciated."

Say what you will about the intent of Sanders' fair-pay email, but the timing — and tone — was horrendous.

Sanders took the email, claiming he wasn't trying to raise money off the tragic tale in Arizona, but rather instilling some of the ways in which Republicans, corporations and the media are trying to destroy the middle class. Some said: same old.

The "right-wing media" took his message as the Arizona shootings out of context, said Sanders, who went to great lengths to note that it was the Weekly Standard, a **RIGHT WING** owned publication, that first reported news of the craft's crash.

Not as fast: Even Vermont Public Radio took Sanders to task.

Last Thursday during a five-minute interview on "Vermont Edition," host **JOHN WILSON** reportedly asked Sanders about the email's timing and content. Sanders pushed back, asking listeners to read the email for themselves.

Sanders was trying to end the interview when Lindholm pressed on: "You have read it. I do have a question for you about it. You make it very clear in the letter that you consider this a politically motivated shooting, though, you reference several other acts of violence in Arizona."

Sanders interrupted, "No, what I said was..."

Refusing to be bullied, Lindholm continued, "You said, quote..."

"I know what I wrote," blarney Sanders. "What I wrote is, real quote, I would urge people to read it... I think there are concerns about the kinds of not only violence that we have seen, but the time that exists in some parts of this country, including Arizona. And I hope that we can deal with that in the coming months. And, thank you very much." And then Sanders simply hung up.

No Contest Council

Monday is the deadline for Burlington City Council candidates to announce their intentions, but it doesn't appear many citizens are hanging in. Every year, half of the council's 14 seats are up for grabs so far, only one of the seven likely to be contested.

Incumbent councilors **DANIEL BURGESS** (1 Ward), **JOHN WILSON** (2 Ward) and **JOHN WILSON** (3 Ward) are seeking reelection without opposition. Shanna defeated **Progressive Forward** Democrat

SOME OF US ARE PANICKED, AND SOME OF US ARE FRUSTRATED BECAUSE THERE IS NO INFORMATION COMING FROM ANYONE.

VERA NEWMAN
WHARF LANE RESIDENT

ments, and are sandwiched between Pine and South Champlain streets. That property, also owned by Pitzagalli, will be up for sale later this year. Many of the tenants there have small children.

"What's happening to us is small beans compared to what's going to happen to Robbin Mill," said Newman.

Bernie's Bookish

US Sen. **BERNIE SANDERS** is still getting heat for sending fundraising and politics in an email appeal to supporters that mirrored the day after the Arizona shooting of Rep. **MARSHALL COFFMAN** (D-AZ).

The email message began, "Given the recent tragedy in Arizona, as well as the start of the new Congress, I wanted to take this opportunity to share a few words with political friends in Vermont and throughout the country. I also want to thank the very many supporters who have begun contributing online to my 2012 reelection campaign at www.bernies.org. There is a question but that the Republican Party, big money corporate interests and right-wing organizations will vigorously oppose me. Your

OPINION

CARINA HINDSALL
is a recent
counselor
MARY KIDDE

(D-Ward 4) and **NANCY KAPLAN** (D-Ward 4) are not seeking reelection, but two Democrats have stepped up in their stead — **NORM BLAKE** in Ward 4 and **DAVE BARNETT** in Ward 4.

Barnett's Republicans are running just one candidate incumbent **WILLIAMS** (D-Ward 7). The GOP won't challenge Democrat Hartnett in the conservative New North End. Hartnett is up with Republican **JOHN HANCOCK** who holds the other Ward 4 contest seat.

Democrat **JOHN ANDERSON** is challenging DeBer in the only contested race to date. Democrats divide Wednesday night if they'll challenge **WILLIAMS** (D-Ward 4). He was elected in November to fill out the remaining term of **MARILYN CALDWELL**, who resigned her seat because she moved.

For their part, Progressives aren't trying to unseat Kneishville's Ward 2 seat, which they held from 1981 until Kneishville's victory in 2009.

Watching on Promises

U.S. Rep **PETER WELCH** returns to Washington this week, ready to continue his fight against GOP plans to repeal last year's health care reform law. Earlier this month, he helped lead the Democratic effort to push back against the GOP's repeal vote by forcing up-on-down votes on key items in the health care bill. That effort failed, but Welch earned plenty of face time on national TV news outlets.

"It looks like Republican leaders have gone down the rabbit hole. Just last year they were calling for less spending, more debate and an open amendment process," Welch said. "Now their first move out of the gate is to increase the deficit by \$140 billion, shut down debate and prohibit amendments. Before it even begins, the 113th Congress is starting to feel a little like Alice in Wonderland."

Like Alice, Congressmen, it appears you'll have to go through a two-party

Tribal Claims

Yet another legislative debate has begun concerning state recognition of Vermont's indigenous tribes. In past years the process has left many Native Americans and their allies feeling

frustrated and betrayed. Will this time be any different?

That's the hope of the Vermont Commission on Native American Affairs, the members of which felt formally recommend the state recognize the Elna and Nulhegna tribes, according to VCNAA chairman **LUKE WILLARD** — himself a former chief of the Nulhegna tribe. An independent historian vetted both applications.

More Vermont tribes are lining up, including the Kaseki and the Missiquoi.

Media Notes

Former "True North Radio" host **BOB MURPHY** has launched True North Reports, a daily e-newsletter and website devoted to covering the legislature from a conservative point of view.

Rep. the former chairman of the Vermont Republican Party, halted the daily radio program after last fall's election.

Bayer is working part time on TVN's news director, while **ANGELA CHANDON** of Burlington is the site's full-time reporter. Last fall Chandon ran for a seat in the Vermont House as a Republican and lost to Democrat **MARK LARSEN**.

Bayer hopes to have TVN's website up and running next week. It'll be a for-profit enterprise, which means he'll be selling ads to pay the bills.

Meanwhile, the search continues for two new series at the Vermont Press Bureau. The bureau covers the Statehouse and state administration for the Rutland Herald and New Hampshire Times Argus.

PETER BRUCEWELLA is the lone holdover from last season's bureau, **LEAH PORTER** and **SARAH LUTHER** have both since departed to work for lefty nonprofits.

Pitching is to help report on legislative happenings in Montpelier **BOB MURPHY**. He's also interviewing press-bureau prospects, and plans to hire at least one investigative reporter. ☐

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For Health Care Reform, Dr. Hsiao Is the Man With the Plan

BY KEVIN J. KELLEY

When Hsiao doesn't look like a revolutionist. With his gray-streaked hair and well-tailored spectacles, the 74-year-old Chinese-American designer of Vermont's proposed new health care system looks more like a professor, which is exactly what he is — named, with 36 years of seniority, at Harvard University in Cambridge, Mass.

But in Montpelier, Hsiao (pronounced "show," rhymes with now) just might be leading a movement. He is weaving a legislative-common-road road map that would make Vermont the first state in the country to provide health insurance for all its residents. Saving millions of dollars, enhancing the quality of care, creating jobs and boosting wages are also part of Hsiao's plan.

"The stars are aligning," says former Vermont state senator James Ladd of Burlington, who has been working on health care reform for the past 30 years. For the first time, Ladd notes, Vermont has a governor and a legislative majority committed to providing health coverage for all the state's people through a streamlined, publicly accountable system.

Cambridge physician and health care reform advocate Deb Richter agrees that the state's political leaders appear ready to respond to what she characterizes as "an emergency situation." Nationwide health care costs are rising three times faster than wages, she notes, and that trend is even more accelerated in Vermont.

Richter and other health policy reformers view Hsiao's contribution to the reform movement as crucial. "I regard him with the utmost respect," Richter says.

Ladd speaks of Hsiao's "wisdom," while Con Hagan, former secretary of the Vermont Agency of Human Services, suggests the state could not have found a more accomplished architect of health care reform.

Who is Hsiao, and how did he land this big gig, working 70 hours a week — without pay — to the health care in Vermont?

"He's not some consultant who's in this for the money," Richter says of Hsiao, who declined personal payment so he could use all \$380,000 allocated by the state to assemble a team with required expertise.

Presented among the team's 20 members is MIT health economist Jonathan

Grober, who helped draft the blueprint for the financing. Massachusetts reformer Hsiao also leads the work of Steve Koppel, a Montpelier-based health policy analyst who was hired up in Hsiao's office last Saturday night in a nondescript building on Mt. Auburn Street, a few blocks from snow-buried Harvard Square.

"I didn't need to do this," says Hsiao in a face-to-face interview, conceding he's "mass exhausted but excited" by the prospect of presenting his plan for a single-payer health system in Vermont. "You got millions of dollars in research papers on my plate around the world. I travel constantly in addition to teaching."

Wearing a forest-green dress over a pale green canvas shirt, Hsiao comes across as utterly unpretentious. From a humble background marked by growing world, stellar science and racist biases to his self-esteem has emerged a man who is at once self-confident and self-effacing.

Hsiao was lured into bidding on the Vermont health reform project by then Senate president pro tem Peter Shumlin — and has one determination: that the state was serious about establishing a single-payer system with effective cost



controls and his colleagues then enlisted Hsiao into submitting a proposal for that study. "They made me feel like I'd be letting them down if I didn't do it," Hsiao says with a easy smile. "I did like the people I met in the Vermont legislative," he reflects six months later. "They seemed more open, more honest, than political leaders on the national level. They were down to earth."

Even though what he is doing has never been achieved in the United States, Hsiao derived confidence from

health care systems that is "much more complicated than I thought it would be. Vermont has layers and layers and patches and patches of programs, all of which are kind of like that are not necessarily consistent with one another."

The good news, Hsiao assures, is that "you can fix it." Explaining that he doesn't invest systems but instead builds upon them, Hsiao says he has one firm principle to be "adapted whenever is shown to work and reject whatever is shown not to work." For example, he applied the most successful elements of Canada's single-payer system to the plan he developed for Taiwan.

So, will Vermont's single-payer system also resemble Canada's? "Yes, but it will be better than Canada's," Hsiao declares.

He has identified "35 major hurdles" that must be overcome in order to implement the envisioned revision of Vermont's "dysfunctional, broken" health care system. In addition to federal obstacles that could pose a single state from developing its own single-payer plan, Hsiao's scheme will likely be embattled by political interests that stand to lose money and power if the state's precarious health care infrastructure does get dismantled — specifically those now working for private insurance companies.

For that reason, those now who've got to speak plan as, overall, a long-term win for the state. On Saturday night, he and his team were working steadily to demonstrate how their proposal will produce jobs and push up wages.

It's a lesson Hsiao learned back in the 1970s, when he was working in the steel

WHO IS HSIAO, AND HOW DID HE LAND THIS BIG GIG, WORKING 70 HOURS A WEEK — WITHOUT PAY — TO FIX HEALTH CARE IN VERMONT?

control mechanisms. "It was a chance to achieve something important here in the United States," notes Hsiao, who donated Taiwan's single-payer system in the 1990s and led health care reform projects in eight other nations, including Sweden, China, Mexico and Colombia.

"Peter Shumlin was very direct," Hsiao remarks in presenting the extended sales job that started last March. Well before launching his campaign for governor, Shumlin phoned Hsiao at the suggestion of Richter and Hagan, who both knew of his international cred. Their hour-long conversation was followed by a visit to Vermont to meet other legislative leaders, who in turn asked Hsiao to advise them on a bill authorizing the single-payer study.

having mislaid a single-payer system in Taiwan, an island nation with a population 25 times larger than Vermont's. Forty-five percent of its citizens lacked insurance, compared to fewer than 5 percent in Vermont today. The plan Hsiao formulated has given equal access to more than 99 percent of Taiwanese, including homeless people living under bridges, while halving health care costs to 5 percent of Taiwan's gross domestic product. Health care accounts for 16 percent of the U.S. GDP. "He changed millions of lives through what he did in Taiwan," Richter observes.

In Vermont, Hsiao says "a small state that I felt I could just get my arms around" he also noted the state has rugged up an irrational, inefficient and ineffective

secretary for the federal Medicaid and Medicare programs. He was frequently called in Capital Hill to testify, and found himself unable to provide projections for how congressional changes to Social Security legislation would impact jobs, inflation and the US trade balance.

So Hsiao left his government post to pursue a PhD in economics from Harvard. His teachers were so impressed with his particular student that he was asked to become a teacher himself. It was "something I never thought I would do," Hsiao says, "but I'm very glad I did, because being a teacher allows you to be a perpetual student." He draws energy and inspiration, he notes, from "fresh, young minds who ask questions I would not think to ask myself."

Being a Harvard prof does enable him to live comfortably. Hsiao says, though he notes he could make three times as much working as an economist for a private corporation. But another logic says his lesson steered him away from that gratifying option.

Prior to working in Washington, Hsiao had embarked on a career as an actuary with Connecticut General Life Insurance Co., the predecessor of today's CIGNA. After nine years there, however, he encountered a familiar emotional crisis. "I asked myself, 'Is this really how I want to be spending the rest of my professional life?'" he recalls of the 1990s epiphany. "On my deathbed, worst I wonder, did I make the world slightly better than I found it? Did I even try?"

It was this realization that led him to the Social Security Administration and, eventually, to Harvard. And it was an earlier, equally unreflecting revelation that had put Hsiao on the actuarial science track.

The only good jobs open to Asian Americans half a century ago were in the hard sciences, Hsiao recounts. That's why he majored in physics and math at Ohio Wesleyan, the college to which he had won a sizable scholarship in 1954. He learned important lessons there, as well. "College was the first time I experienced overt racial discrimination," he notes. "It hadn't been so bad earlier — except when I tried to date white girls."

Hsiao had spent his two years in Queens after moving from China in 1948 with his parents and five siblings. His father, an economics professor at Beijing, had been appointed as an advisor to the anti-Communist Chinese government as the newly formed United Nations. But Hsiao died six months after coming to New York, and friends and relatives back in China, alarmed by the Communist takeover, warned the family to stay in the United States.

Hsiao's mother, however, was soon

admitted to a sanatorium for tuberculosis patients, leaving the children to "raise one another," he remembers. "We were relatively poor," so the brothers and sisters agreed to pool their earnings from after-school jobs in order to "buy rice that would fill our stomachs." They even money would be spent on eggs, vegetables, meat and fruit — in that order, Hsiao says, noting, "I still love the taste of fresh fruit today."

He himself held three part-time jobs while in high school: delivering newspaper in the morning, working at a grocery store in the afternoon and delivering Chinese food for a local restaurant in the evenings. It didn't get any easier.

**CON HOGAN, FORMER
SECRETARY OF THE VERMONT
AGENCY OF HUMAN SERVICES,
SUGGESTS THE STATE
COULD NOT HAVE
FOUND A MORE
ACCOMPLISHED
ARCHITECT OF HEALTH
CARE REFORM.**

In college, then, Hsiao worked 40 hours a week, some of which spent scrubbing toilets in the library after 10 p.m.

The woman who would become his wife experienced the sting of racism as well, Hsiao says. Ruth Hsiao, who is now retired, taught American literature at Tufts University despite being told by some teachers, her husband relates, that as a Chinese American she could never expect to master English well enough to hold such a post. The couple has two adult sons; one an attorney in Denver, the other working for a California non-profit that helps high schoolers at risk of dropping out.

Despite all his struggles, Hsiao says, he came to view America as "a land where you really could have opportunity as long as you were willing to work hard." Some people, he also came to realize, do need help from their respective societies in order to have access to opportunity. Hsiao has been guided by that insight in his efforts to make health care available to everyone in several countries and, now, in Vermont, as well. ☐



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Fletcher Allen Tops the Charts in Death by Dialysis

BY SHAY TOTTEM

The mortality rate at Fletcher Allen Health Care's inpatient dialysis clinic is more than three times the national average. That's according to a recent ProPublica investigation using data that the Centers for Medicare & Medicaid Services gathered from dialysis treatment facilities between 2006 and 2009.

Comparisons charts published as part of the probe suggest quality of care varies dramatically among medical facilities, even within a limited geographic range. That's certainly the case in the Burlington area.

Among first-year patients, Fletcher Allen's mortality rate at its inpatient dialysis clinic is 21 percent, which is below the national average of 27 percent. After the first year, however, the rate nearly triples, to a staggering 63 percent — three times the national mortality rate of 20 percent.

Fletcher Allen operates five outpatient dialysis clinics, in South Burlington, St. Albans, Berlin, Rutland and Newport, with first-year mortality rates of 13, 24, 41, 20 and 23 percent, respectively.

THE HIGH MORTALITY RATE CONJUGES WITH FLETCHER ALLEN'S INTENTION TO SELL OFF ITS FIVE OUTPATIENT DIALYSIS CLINICS

Meanwhile, in Wurtsburgh, N.Y., the Champlain Valley Physicians Hospital Medical Center (CVPH) has a first-year mortality rate of 15 percent. It drops to 12 percent after that.

Dr. Alan Braumstein, Fletcher Allen's chief quality officer, and the inpatient numbers are misleading. Fletcher Allen patients are usually at the hospital for some other life-threatening ailment, of which kidney failure — treated by dialysis — is a secondary symptom.

"Forty percent or so of the patients we have in our hospital... are sick enough that they couldn't be taken care of at the regional hospitals," said Braumstein. Close to two-thirds of the patients receiving dialysis at Fletcher Allen are being treated for heart and vascular disease, according to federal data collected between 2006 and 2009 that were also published by ProPublica.

ProPublica did not tie its investigation that some of its measures were adjusted to account for differences in patient characteristics, such as age or comorbid conditions, to make comparisons more reliable.

Braumstein's claim is supported by another study, but even so, results raise



HEALTH CARE

additional questions. Last year's report by the Northern New England Cardiovascular Disease Study Group revealed 6.3 percent of FAWHC's cardiac patients die of post-operative renal failure; the regional average is 1.8 percent.

"This is the first time we've ever been so outlier on this group," said Braumstein of the cardiac bypass surgery alone. "These are new data... In my opinion, we are peeling their back to understand why this variation exists, and it's not yet clear."

The high mortality rate coincides with Fletcher Allen's intention to sell off its five outpatient dialysis clinics to Fresenius, the nation's largest for-profit dialysis clinic operator. At the company's latest capacity at clinic in St. Johnsbury, the third-year mortality rate is 16 percent. ProPublica did not supply the facility's first-year death rate.

But at a ProPublica clinic in Lebanon, N.H. — which was once run by Dartmouth-Hitchcock Medical Center — the first-year mortality rate is a whopping 64 percent, its third-year rate, 34 percent.

The state has faced allegations among many at Fletcher Allen.

"According to Fletcher Allen, Fresenius is committed to keeping the same staff and staffing ratios at the outpatient clinics, but we don't buy that," said Matt Cordes, a Fletcher Allen nurse and president of the nurses' union. "They have a cost-cutting approach to dialysis treatment, and it truly needs to be individualized for each patient."

She added, "We don't believe that it's in the best interests and mission for a Vermont, not-for-profit hospital to be selling off its for-profit enterprise."

Scott Decker, a regional nurse and regional vice president for Fresenius in New England, countered, "I was personally involved in the purchase of the clinics at Dartmouth, and I can say that we provide the same quality of care before and after."

FAHC spokesman Mike Noble said the hospital once fully recovered clinical outcomes — before and after sales to for-profit Fresenius. Fletcher Allen was satisfied the care owners would not put patients at risk. FAHC is currently losing about \$2 million a year on its outpatient dialysis clinics.

Decker and Fresenius keeps costs low by manufacturing its own dialysis machines and supplies. ☐

DUMB ABOUT DEATH

After reading the article by Andy Brannage ("With a New Governor in Power, Will Vermonters Finally Win Their 'Right to Die'?" January 12), it's clear to me that Dr. Joseph Nease, the interim president of Vermont Alliance for Ethical Healthcare, really lacks a clear understanding of the legislature in question. For someone who is under no pressure whatever to become involved in something he disagrees with, I think he protests too much and with comments that are off the wall.

Dennis Connolly
BURLINGTON

PURSING POLICY CHANGE

Key Businessman's letter was stolen when a police chase ended in her death ("Slow Vermont Police Train for High-Speed Chases" *Times*, December 28). The thought of Ray's family and friends facing the long road of mourning and heartache compelled me to make a resolution to advocate for safer police pursuit policies.

I am thankful for Police Chief Michael Schirring's expressed commitment to fostering a community-wide discussion about the police pursuit safety there. We are some facts compiled by **PERSONSAFETY** (personasafety.org) from the National Highway Traffic Safety Administration (NHTSA). You may be surprised to learn the following:

- Police chases for nonviolent crimes kill on average at least three innocent bystanders per week.
- Crashes due to police chases and response calls kill at least one officer every six weeks.
- The majority of police pursuits involve a stop for a traffic violation.
- One out of every 300 pursuits results in a fatality.
- Even more shocking, FBI reports indicate "the actual number of fatalities is twice three times higher" than NHTSA's figures." This is likely partially due to lack of state or federal mandates for reporting to the NHTSA.

I believe there are safer ways to catch drivers who flee and in response to calls rather than engaging in high-speed pursuits in densely populated areas. My hope for 2012 is that my neighbors will lend their voice to this vital issue and prevent future tragedies from occurring.

Mac Landry
BURLINGTON

FLIP 'FLIP?'

In regards to Mr. Kosowski's choices for most inexplicable flop ("The Movies With Kosowski and Harrison 2010,"

December 28), I am a bit confused as to what constitutes a flop. The *Rite* Ave All Right grossed \$20 million with a \$4 million budget and was probably the biggest indie success story of the year. The fact that it made it into the top-100 grossing films of the year is a testament to its huge success (plus, it will probably get an Oscar nod). The *Ghost Writer* grossed \$60 million worldwide. *John Rhee's A Piece of Work* was the 14th highest-grossing documentary of all time. *Greenberg* and *Please Give* were the only ones on the list that are even arguably flops, though they were both on the top 25 specialty releases. *Deuce* film have to compete with *Harry Potter* for it to not be a "flop." These films can't be compared on the same scale. Why not celebrate the small successes for what they are, rather than be disappointed that they weren't blockbusters?

Jack Klingenberg
BURLINGTON

REVENGE IS SWEET

The January 12 letter to the editor ("Feedback: Fat Is the Problem") may mislead consumers about high-fructose corn syrup. The *American Medical Association* stated, "Because the composition of high-fructose corn syrup and sucrose are so similar, particularly on absorption by the body, it appears unlikely that high-fructose corn syrup contributes more to obesity or other conditions than sucrose."

According to the *American Dietetic Association*, "high-fructose corn syrup is nutritionally equivalent to sucrose. Once absorbed into the bloodstream, the two sweeteners are indistinguishable." Also, contrary to misperceptions, high-fructose corn syrup is not a protected commodity; rather, it is subject to all of the highs and lows of marketplace supply and demand. According to an October 2009 assessment of U.S. farm programs and the corn-refining industry by Prosser International, "The net effect of federal programs for agriculture and renewable fuels has been an increase in the price that corn refiners pay for corn. In fact, corn prices over the last three fiscal years — 2006/07 through 2008/09 — have been more than 80 percent higher than the \$2.17/bushel average of the prior 10 years."

As many distributors agree, all sugars should be consumed in moderation as part of a balanced lifestyle. Consumers can see the latest research and learn more about high-fructose corn syrup at cornkgains.com.

Andrew Erickson
WASHINGTON DC
Erickson is president of the
Corn Refiners Association.



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Down-Home Classical: A Young Couple Brings an Unusual Chamber Music Series to Vermont

BY MEGAN JAMES

When **MARY BOWMAN** first **EVAN PERONE** during freshman orientation week at the University of Michigan seven years ago, he seemed only familiar. They talked music — he plays the double bass, she sings soprano — and then he told her about growing up in Michigan's Upper Peninsula, regaling her with tales of ice fishing and his family's folk band.

Suddenly she remembered she'd heard him the year before on "From the Top," National Public Radio's classical music show that features outstanding young musicians. "We started playing music together," Bowring recalls. "We played Bach Inventions together... [Music] became a really important part of our relationship."

Married now and both 25, the pair recently moved to Northfield, Vt., and are laying the foundation for a shared dream: a retreat center for musicians that would include a chamber music series, educational programs, composer-in-residence and a working farm.

They call it **SCENE MOUNTAIN MUSIC**.

The debut music series goes under way this weekend, with three concerts by New York City-based artist John McLaughlin and Montpelier-based **BARBARA** Friday night at Green Mountain Girls Farm in Northfield, Saturday night at Langdon Street Cafe in Montpelier and Sunday afternoon at the Warren United Church. They'll present two more programs — at the same three locations — in February and April. Musicians will represent a diverse range of styles, with a focus on 18th- and 19th-century composers.

The choice of unconventional, intimate performance spaces, as opposed to concert halls, is intentional; the couple hopes to draw people who wouldn't normally spring for classical music tickets. And this isn't the first time they've tried it.

Before moving to Vermont last fall, Bowring was at Bard College working toward a master's. Perone was in a two-year fellowship program at Carnegie Hall in New York City. His weekends held play chamber music, often his own compositions, at clubs in the East



Wings. "It works really well, because some [contemporary chamber music] is really out there," Bowring says, "It's kind of blending with folk, pop, indie rock — techno, even."

But neither Perone nor Bowring, who grew up in New Hampshire, is a city person, so they wrapped up their respective programs and headed north. "We were looking for a place to live that would allow us to homestead and make music in a rural setting," Bowring says.

They'll make use of their urban connections to pump talent and enthusiasm into their fledgling music series. Both invited all their professional musician friends to come for a weekend and perform in Vermont alongside local players. "We want to be a bridge between musicians living here and our friends in New York City who are started for fresh air," says Bowring.

"We're trying to make it work to classical musicians, without having other jobs," she admits.

Composer-Accordionist David Symons Scores With *Oliver Twist*

BY PAMELA POLSTON

Let there be no doubt: Neil Bartlett's *Oliver Twist* is a play with music, not a "musical." Na, Bartlett — an acclaimed British director, playwright and novelist — took precise language from author Charles Dickens for his 2004 adaptation, but the musical element is at the discretion of producers.

That worked out well for Barthelemy musician **DAVID SYMONS**. He was commissioned to write original music for the **VERMONT STATE COMPANY** production of *Oliver Twist*, which begins next Wednesday. That includes "incidental," or scene-setting, environmental passages as well as songs. "There are about nine tunes in the play," Symons says, "when the cast sings directly to the audience. It's very Brechtian, very Thelma Houston take — it's not extraneous at all."

That one of Symons' anthems will appear in Bartlett's, who wrote the music for Bartlett's only "opera," persuaded VSC artistic director **MARK PACE** that he was the right choice for Dickens' classic tale of an orphan in 1837 London. So did Symons' experience with Barthelemy's **SHAPPELL CARNEY** and the strong, master choral tones of his own Eastern European inspired previous bands, the Black Box Quartet and Inner Fire District. He also founded an "active street band" called **REVEREND BROTHERS**. Symons simply does "folk" well.

"It's been some of the quality of his music to the show," says Pace. "David is surpassing my expectations."

Though he's written plenty of tunes, as well as accompaniment for the annual Spaulding performance, this is Symons' first big composing choral music. "I immediately made my job harder by writing three-part polyphony," he says. And setting the "darkly, not very jocular" 19th-century speech to music is challenging, he observes.

On a recent afternoon, Symons, 33, is holed up in his apartment in Barthelemy's



Old North End, drinking espresso and demonstrating some of the music he's created so far — "I'd probably be writing it up until the play starts," he confesses. But the stacks of notebook composition paper speak to his impressive output over the past couple months, and to the complexity of the work. "There's a ton of incidental music," Symons explains, strapping on his accordion. "This is from the scene where Oliver is walking to London. He's starving, his feet are bloody. It's when he meets the Artful Dodger."

The melody is delicate, skittery, evoking Oliver's fear and anticipation. "Imagine my left hand is a violin," he suggests. (*Composers* will play that part in the show.) Symons will play the cello. In this and other scenes, Symons strikes a balance between sweet and dissonant. "There's a gottiness to [the story], but it's also a

So far, so good. They're applying for nonprofit status and various grants — their first came from the Northfield nonprofit Summer Fund. Boelag and Preme will pay their guest artists, but not as much as they know the artists

and they broke into song one of Preme's original compositions, based on the first poem the audience had just read.

The idea, they say, is to facilitate a more meaningful and personal experience for each person in the audience. In

WE WANT TO BE A BRIDGE BETWEEN MUSICIANS LIVING HERE AND OUR FRIENDS IN NEW YORK CITY WHO ARE STARVED FOR FRESH AIR

MARY BOEHAG, SCARF MOUNTAIN MUSIC

are worth — yet. The couple's motto for audiences: "Come as you are. Do what you can."

Earlier this month, in an effort to test drive the intimate down-home style envisioned for the series, Boelag and Preme performed in the barn at Green Mountain Girls' Farm. By the time the audience arrived, the couple had already had a table full of home-baked desserts. After half an hour of schmoozing and snacking, they divided the audience into small groups and gave them each a poem to read and discuss.

Then Preme hoisted up his double bass, Boelag took her place beside him,

Boelag's mind, there are two distinct ways of listening to music: through the head and through the heart.

"We'd like to get this right through to the heart," she says. ☺

I Being Heard at Musician's House in the Adirondacks. Join Mary Anne and Robert Koenig at Green Mountain Girls' Farm in Northfield on Friday January 21 at 7 p.m. at 1000 Main Street, in Northfield on Saturday January 22 at 7 p.m. and at the Village United Church on Sunday January 23 at 4 p.m. For what you can, call 734-8634-3434 or sevendaysvt@sevendaysvt.com

Victorian melodrama," he says. "So I kind of alternate between sentimentality and harshness. The director [Jason Jacobs] is constantly trying to get me to be more dramatic."

He switches to a "kind of class-y music" for a scene in which "Fagin and his little gang of thieves are making breakfast — it's kind of a physical comedy," Symons says. Regarding another tune for Fagin, he explains, "Jason wanted it to be klezmer-y. Fagin is always called 'The Jew' in the book."

DAVID IS SURPASSING MY EXPECTATIONS.

MARK NASH, VERMONT STAGE COMPANY

Symons created some musical "leitmotifs" to signal themes in the story, such as the "principle of Good" that Oliver represents, or the idea that the boy is trying to find a home. "Several people 'passer' him along the way, such as Fagin," Symons points out.

When he began to compose for the play, Symons says, he listened to "a lot of Bart Wolf" for inspiration, "but I started listening differently." He then demands, "We'll do complexity is something I couldn't approach... I've basically a folk musician who listens to classical music."

Audiences are likely to find that modesty unfounded. As the actors, who have previously learned Symons' songs, already know, this is Oliver — with a twist. ☺

I Oliver Twist, directed by Jason Jacobs, produced by Vermont Stage Company, January 20-February 12 at the Hippodrome in Burlington. Audiences: through January 21, 7:30 p.m. and Saturdays and Sundays at 2 p.m. 273-7322 or info@vstage.com. Sponsorship:

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Dear Cecil,
I think we had beer
long before micro-
brews in there, but their
alcohol concentration
must make them sterile
right? That's why they
can be used as anti-sep-
tics in so many places. Or
do we have the answer
they taught us in medical
school (full disclosure:
not an MD). I've never
used liquor for this
purpose myself, but I still
wonder: is it true?

Mario A. Griggs

In glad to hear you're never
needed to say this, Mario.
We know your company
top really isn't going well
when you find yourself hoping
to save off again with a six-pack
of Icehouse. However, since
the thought seriously tempts you,
let us clarify: When they tell you
in med school that something is
an astringent, like the tannin
supposed to be DON'T DO IT,
SCUMBUCK. But not to worry:
When the SD team got a chance
for a little experimentation with
alcohol, we were pretty pos-
ing it up.

Ethyl alcohol, or ethanol, kills
germs by penetrating cell walls,
destroying the cellular proteins
and enzymes, and coagulating
the cells. Getting the right con-
centration is important, making
it potentially tricky to use com-
mercially available beverages
for disinfection — their ethanol
content ranges from 2 or 4 per-
cent for light beer to 45 percent
for grain alcohol. Ethanol's ef-
fectiveness as a disinfectant also
fluctuates widely depending on
the target microbe, method of
administration and so on.



For example, a 50 percent
ethanol solution needs 45 min-
utes to kill E. coli bacteria and 48
minutes to kill strep in a "cooked-
meat broth," but just 20 seconds
to wipe out psoriasis and strep
horrors on a glass thermometer
— presumably a less hospitable
environment. Several common
bacteria can be killed off in less
than two minutes with 70 per-
cent ethanol, and 48 percent will
slay some fungi in a minute flat.
The stuff also kills every virus, in-
cluding HIV, but takes longer con-
centrations, say, six or eight hours.

You might suppose the higher
the concentration of ethanol, the
deadlier the result. Not neces-
sarily. It can take longer to kill
strept with 95 percent ethanol
than with lower concentrations,
possibly because high levels can
coagulate the proteins on the
outside of the cell, making the
interior off from greater damage.

Some microbes are resistant
to ethanol, notably the proto-
zoans. Contrary, responsible for
such conditions as toxoplas-
mosis and toxoplasmosis, can
survive in 100 percent ethanol
for 96 hours in a glass jar. In
fact, it's almost no effect, and toxo-

can survive ethanol expo-
sure for up to 16 hours —
but never historically for
anyone stopping a bullet.
It's been estimated that
100,000 German troops died
of gas gangrene during
World War I.

Sorry, thinking fac-
toring. The sure, but I still
don't have an answer to
your question. Go consult
the (B) Time to heal to the
lab.

To build up a healthy
glow of natural bacteria,
my assistant, who's been
trained to go for two days without
bathing or changing clothes,
meanwhile getting messy via
sessions of dancing classes and
sexual fondling. (I don't ask.)
I'll follow assistant there then
provided four variety sets of
body (back of the knee,
stomach, side of the foot, and
groin) for bacteria. These
samples were transferred to agar
gel in order to establish their bac-
terial growth.

Seventy small areas of each
region were then washed with
distilled water, and wine (Chateau,
to be precise, 42 percent ethanol),
blended Scotch whiskey (40 per-
cent), and Kahlua (16 percent).
A single was swabbed across each
washed area and applied to new
agar gel, for a total of 30 petri
dishes of goodness. All the bacte-
ria were cultured for three days
at 36 degrees Fahrenheit.

- Results**
- Dark lines were amazingly
clear, with only a single
bacterial colony growing
from the raw sample and no
other colonies showing up
after any washing, for clarity,
you could not clean off
Dark lines.
 - Her stomach samples grew
11 colonies raw, three when
washed with water, and

none when any alcohol was
applied.

- The foot samples showed
surprisingly random results,
with wine washing no taking
as the most colonies (15) and
the raw sample having the
fewest (2).
- The samples from the groin
— yowza! The raw sample
had more than 200 colonies,
many extremely robust.
Washing with wine resulted
in about the same number
of colonies, but they were
smaller. Wine washing
resulted in the biggest and
most abundant colonies, even
more than in the raw sample.
Whiskey, in contrast, cut the
number of colonies roughly
in half, five or six out of two

by three-quarters, plus the
colonies were small and slow
growing.

Conclusions

1. Whiskey, the favored an-
tisepsis for wounded soldiers
out on the lone prairie, really is
reasonably effective. Let's have
as more about urban legends,
and actual know-it-alls in this
rural life.
2. Groin alcohol, unsurpris-
ingly, works a real better.
3. Wine generally makes
things worse, so you should
complain when your whiskey
is force of a good point over on
your after-life health goodbye.
4. Their enduring popular-
ity notwithstanding, groins are
pretty gross. ☹

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STATEofTHEarts

A Former Vermonter Tells Readers Why I Left the Amish

BY MARGOT HARRISON

Most of us take our hot showers for granted. Not Melissa Miller Parling. Parling, who grew up in an Amish community in Ohio, remembers logging water, heating it and showering under a winking ear that hung from a nail.

"I've noticed that I can relate to people's stories who are a generation or even two generations older than me," the former Vermont resident says. But, if she could exchange her childhood for an easier one, she wouldn't. "I learned from the hardships," she says. "They make me appreciate what I have now."

By "hardships," Parling doesn't just mean living without electricity, or conforming to the dictates of a strict religious community. In her new memoir, *Why I Left the Amish* she describes growing up with a father who was mentally ill and a mother who worked full-time to feed her seven children.

"At some point," Parling writes, "I realized our family was serving a purpose within the community — we were used as an example of what could go wrong if one was lazy, didn't help oneself or didn't properly adhere to the Amish ways." Still, she and her siblings strive to be good members of the community — until, for some of them, the pressures were too much.

Parling first tried to leave the Amish in 1972, when she was 20. Her chosen destination was Vermont — a place she knew only from poring over Vermont Life magazines. She settled in at the Burlington YWCA, where her family soon found her and brought her back into the fold.

But in Vermont, the young woman had made a friend named David Parling. He visited her in Ohio, where she did her best to "turn off" her feelings for him and send him away, she recalls. But "when I saw his strutting back, I thought, Oh, my God, there goes my future. What have I done?"

Three years after her original flight, Parling left the community for good. She returned to Vermont, where she married David and had two sons.

Now a Massachusetts resident who works at Ashmun College, Parling works Burlington this week to launch her memoir about growing up Amish



— and leaving. Fear of the people who helped her on what she calls her "leaving journey" — counselors and a life coach — will be there, too.

Over 12 years, Parling reedited her book several times and worked with two agents, but publishers kept rejecting the manuscript. Finally, when she was coaching self-publishing, the book found a home at Michigan State University Press.

The memoir offers a fascinating insider's view. She learns, for instance, why a particular Amish community decides to allow chameaux while another might not, and why young people's church socials cooking involves sharing a bed.

Parling also broaches a more sensitive issue: sexual abuse among the Amish. No one knows how prevalent the phenomenon is, and social workers may feel leery of interfering. The key, says Parling, is to stop "communicating" the community and understand that, in this regard, "the Amish are no different from anyone else."

The book also contains loving descriptions of good parts of Amish life — home-cooked meals, communal labors and celebrations. Parling says her upbringing gave her a "sound work ethic" and a love of "what I call the homestead art." The things we did together as a community, I still like to do now."

Another legacy of her childhood: "I temper my praise of the rat race by not having the latest developments in technology," Parling says. She feels as skeptical of modern market trends as she once did of the bishop who told her women should be subservient to men. "I almost resent it when people tell me I need an e-reader," Parling says. "My Amish background has really made me aware that, in many ways, those things do not simplify our lives — they make them more complicated." ☐

Buy *Why I Left the Amish* — a Member of Vermont Writer's Forum, Michigan State University Press, \$19.95 (pb), \$39.95 (hbk).

Miss Miller Parling reads from and discusses her book at Saturday, January 22, 2-4 p.m. at Fletcher Free Library in Burlington, and on Saturday, February 12, 2 p.m. at Glencliff Library in Shelburne.

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WHISKEY TANGO FOXTROT

We just had to ask . . .

Why doesn't Vermont have a governor's mansion?

BY LAURIN OBER



Over the past couple of weeks, most of the nation's 33 newly elected governors have been sworn into office. They've selected their staffs, set up their offices and taken a few turns as the dance floor at their inaugural balls.

And, in many cases, they've moved into their respective governor's mansions. But not Vermont's command-in-chief. Instead of settling into pink, state-owned digs, Gov. Peter Shumlin hit the discolored, looking-for-a-place-to-rest-in Montpelier.

That's because Vermont is one of only five states without an official place for the go-to rest his (or her) head. While fellow new arrivals such as Maine governor Paul LePage and New York governor Andrew Cuomo are provided with snazzy homes, Shumlin took up residence in a rental house not far from the capital. Is a REST house not far from the capital, by a REST is up with that? Why doesn't Vermont have an even gubernatorial mansion?

The answer is not entirely clear. Mark Hudson, executive director of the Vermont Historical Society, speculates that the lack of a formal residence is due to the state's famous frugality. Also, he says, in the past, the seat of government was often located in the governor's hometown when the legislature was not in session, eliminating the need to move to Montpelier.

Vermont state architect Greg Sanford also speculates the state's penny-pinching history has made it difficult to do with it. And, he suggests, perhaps politics played a role. He recalls former governor Richard Snodgrass warning that it would be politically dangerous to push for a mansion.

If you want to know anything about Vermont's buildings, or lack thereof, state curator Donald Schatz is your guy. Like the other two authorities, he suspects Vermont's frugality is to blame for our lack of a governor's official residence. But

the case, though it does not instantly come up, "has never been studied," he says.

In his years as state curator, Schatz has been prey to three separate conversations during different administrations about the possibility of acquiring a governor's mansion. In most states that provide such dedicated housing, he says, the properties were bequeathed to the state for that specific use. It would not be terribly prudent for a state to purchase a grand property for the sole use of the governor and his or her family.

Schatz notes that none of these conversations has gone anywhere. "It falls through, of course, because no governors have ever expressed strong interest in making it happen," he says. Why not? Probably because no sitting governors ever wanted to appear to be angling for a state's money during their service.

For the past 30 years, the name of whom our govt would live has been none other: Shumlin. Elected office in 1997, all Vermont governors have been comesters. He, Madeleine Kane and Howard Dean all drove from their homes in Burlington. Jim Douglas kept his residence in Middlebury and traveled 80 miles up and over the Appalachian Gap to Montpelier every day in a Chevy Impala.

Shumlin of Pairings, is the first governor since Thomas P. Sheldene whose chief to find housing in Montpelier. But don't think he's slacking: It is some three-hour bed-sit. The new govt made arrangements to rent former governor Deane Doug's old home in the capital city. "It's kind of one that Peter has digs associated with a former Vermont governor," Schatz says.

Shumlin will be picking up the rent for his new 4500-square-foot pad set on 18 acres on Dyer Avenue, two miles from the Statehouse. Until recently, that property had been on the market for \$1.2 million

The state doesn't offer its governors a housing allowance, says Shumlin, press secretary James Slota, most likely because it's assumed they will live within driving distance of Montpelier.

In years past, before the legislature was an open-to-the-world, governors who didn't have homes in Montpelier would stay in one of the city's hotels, including the grand Greek-revival-style Pavilion. In the previous years, until 1988, governors dined at the hotel and stayed in the Chester Wright House, a late Georgian-style dwelling on State Street. This property was the closest Vermont has come to a governor's mansion.

If we lack a handsome shade in which to house our leaders, we do have an official governor's crash pad. In 1986, the Pavilion, which previously had been a parsonage by the state and used as the governor's workplace, underwent a makeover by addition to construct a "junior penthouse" office for the govt at Kizer's behest the state built a small apartment. The flat, which features a sitting room, a kitchenette, a shower, and a bedroom with a pull-out couch, was meant to be used when an emergency required the governor to stay in Montpelier rather than drive home.

Kane was the first governor to take up residence in the renovated office, though she never used the apartment, Schatz says. It was Douglas who christened the tiny building and it's likely he will stay the only governor to have used it, as long as Shumlin is in office.

For now, Vermont will remain without a governor's mansion. It's doubtful that Shumlin cares much. Our millionaire governor has a mansion of his own. ☐

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All Against All

The revolution has culminated (kill the pig!) Time to pick up the gun—the pig! the pig! Back in the 1960s, the Black Panther Party's chant was a staple of protest marches, including, ironically, those against the Vietnam War.

I was chanting as loud as anyone else. I was angry. I was frustrated. Every time 100,000+ antiwar activists showed up in Washington, it seemed, the president responded by escalating the conflict. A letter I wrote around that time minutely weighed the pros and cons of dropping out of college, becoming a full-time activist—and, yes, “picking up the gun.”

I never did pick it up. In fact, the machine gunning—and lethal, semi-perpetrated by my so-called comrades and the authoritarian brutality of “national liberation” movements elsewhere in the world turned my stomach and broke my heart. By 1970, when the formerly principled antiwar activist Jim Jones led 900 people to their suicides, I was becoming a pacifist.

Yes, like the folk who say or may not have been narrative to Jared Loughner's rampage, I had contemplated achieving my political aims—justice and peace—by blowing something or someone to smithereens.

America is a violent country. It makes sense that our political culture should be violent, too. “No other country with a population of over 300 million has had so high a number of political assassinations or attempted assassinations,” reports the website Digital History about the violence in Tucson, Arizona. Republican congressman Trent Frick expressed his wish that these had been even more violence: “Some morning that day, at the hands of a Republican or other ‘responsible’ citizens apparently agreed. According to the FBI, the day after the massacre, gun sales jumped 60 percent in Arizona and 5 percent nationally.”

The U.S. government is also a violent actor steadily losing its global economic preeminence and moral compass. America has come to rely on its superpowered military to sustain its power. The U.S. incinerates more people per capita than any other nation in the world. It is the only United States democracy that still imposes the death penalty, if its lawyer does not succeed in winning an insanity defense. Loughner will surely be sentenced to execution.

The American Left has perpetuated its share of violence and given a language of justification to criminal crazies—Jones, the Symbolic Union Liberation Army and Ted Kaczynski, to name a few. But it is not violent on principle—quite the contrary. The anarchist bombings and assassination attempts of the 1930s were desperate (and ultimately counterproductive) responses to the intolerable conditions of laboring

people, whose meetings and strikes were broken up by police clubs and hand thugs. Much of the Panthers' violence (including the shooting deaths of nine police officers) was in defense against a brutal federal crackdown, which left 30 Panthers dead and many more wounded. The party's members were mostly busy feeding five hundred to a thousand and teaching African American history to their parents.

Besides, you could understand their frustration. The Panthers' demands were the same goals African American and socialist had been fighting for since at least the 1930s. No 30 of the Party's Ten Point Program superseded the first one: “We want land, bread, housing, education, clothing, justice, peace and people's community control of modern technology.” Reasonable demands, still correct.

Historically, most of America's political violence has come from the Right. This is not an aberration. It expresses a trend of right-wing ideology that force—from against to pro-violence war—is the right way to solve problems. Those who don't subscribe to violence are to compensate for their situation nonetheless hold to the “right” to consent it as a bottom-line principle of Americans. Hence the “No Party's call to arms to defend the right to take up arms. Maybe such a person exists, but I've never met a right-wing pacifist.

Gun-using individualism or language contribute to acts of violence, whether the actor is “ sane” or like Loughner, psychotic. But there's another, less obvious link between today's right-wing libertarians and political violence.

University of California biologist George Lakoff calls in the “positive” worldview of conservatives. Basically, your life is your own, your personal meritocracy is your own fault. To religious conservatives, even such as drug addiction and unwanted pregnancy are the wages of sin—and we sinners deserve what they get. Economic conservatives such as the Tea Partiers are less deliberately punitive. Their refusal to deal with social ills would simply result in policies of neglect, neglect of the poor, the elderly, the elderly, or the severely disabled.

To conservatives, sociological, economic or political explanations for suicides or bad deeds are excuses, plain and simple. Jesse, Rick Limbaugh's dislike against the “Democrat party” is “an attempt to find somebody to blame for” Loughner and pointing the finger as “the best is a never-ending parade of victims brought about by the wickedness of America, the bigotry, racism, sexism, homophobia [and] other aspects of life in America.” And Sarah Palin, in her viral self-defense against the “Mad lib” of “journalists and pundits,”



**WHEN CONSERVATIVES
DENY ANY PART
OF MORAL
RESPONSIBILITY
FOR THE TUCSON SHOOTINGS,
IT'S NOT JUST HYPOCRITICAL
POSTURING.**

quoting Ringier. “We must reject the idea that every time a law's broken, society is guilty rather than the lawbreaker.”

In this light, when conservatives deny any part of moral responsibility for the Tucson shootings, it's not just hypocritical posturing. While members may blame poor video games or heavy out-of-state for Columbine or Tucson, libertarians have bled pacifism with the notion that mafia kills there. I agree with them! Indeed, for all their professed pacifism, the Tea Partiers are nihilists where collective life is concerned. Like Margaret Thatcher (and Reagan), they believe “there is no such thing as society,” only individuals.

The worldview that forces people to sink or swim on their own can lead to punishing pain, too—in essence, when unemployment benefits or food stamps are cut, but the belief that every person must survive alone has another, paradoxical, effect: It lets individuals, including rash policy makers like the gun fanatics in Arizona's chambers, off the hook when somebody gets hurt. Only someone who imagines a world of individuals with no effect on one another could declare, as

Arizona Republican state representative Jack Harper recently did, “When everyone is carrying a firearm, nobody is going to be a victim.”

Why? They never knew what combination of inner and outer forces convinced Jared Loughner to open fire. He may realize he is the “deranged, apparently psychotic criminal” individuals he is.

Still, the Right has blood on its hands. Its ideologically less, and reflection of liberal's ideologically, and the black president are inspiring many more deaths than this one horrific act of violence.

Organizations that follow right-wing social movements such as Political Research Associates, point to the shooting race in xenophobia, white supremacy and automatic domestic terrorism since Barack Obama's election. Rachel Maddow reported that work that the bomb thrown through Gabrielle Giffords' house during the shooting was one of many barrels that would end the officers of Democrats who voted “yes” on health care reform. The former head of a right-wing militia in Alabama claimed credit for the nationwide violence, which he'd advocated on his website.

But it's not just the violence that right-wing rhetoric explicitly advocates—the “Second Amendment solutions” and increasingly premeditated gun laws, the border vigilante, Superpatriot groups, and shock and awe—that threatens people's safety and well-being. An ideology that argues all of us as independent actors, without common interests or mutual obligation, lets us feel like the best for each other.

It also wants us to do the worst. ☐

Dr. Judith Levine is a writer, novelist, and activist. www.judithlevine.com

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Capital Cardio

It's not just legislative heavy lifting that keeps pols in shape

BY ANDY BROMAGE

Lobbyist lunchtimes. Twelve-hour workdays. Heaping portions of high-calorie cafeteria food. Schmoozing over pots of carb-heavy Vermont microwaves.

After a while, life as an elected official at the Statehouse could make a fat cat out of once the wisest politician. But this is Vermont, one of the fittest states in the nation. So, perhaps not surprisingly, the capital is packed with workout buffs who go to great lengths to keep all the pounds during the four months they spend in Montpelier each year.

Vermont's new governor, Democrat **Peter Shumlin**, is no mild exercise fan. He has maintained his gawd-like physique with a strict running and cross-country slog. Shumlin tells *Seven Days* he got out for a run on the East Montpelier

trails two weeks ago, but admits a regular fitness regimen is falling victim to his jam-packed schedule. Case in point: After Shumlin offered to take me cross-country skiing for this story last week, his staff had to call back and cancel. The outing was double-booked with important meetings, special treatment to the governor's son, Alton said, so the skiing was off — for me and the governor.

"The only complaint I have about my extraordinary time ... is that they're not as diligent as they should be about giving me running time," Shumlin says. "I keep yelling at them, but then they always find some meeting."

When Shumlin does manage to get out for a run or ski, he'll have company. Though the gov's office can't comment on details of his security, people in the

house tell *Seven Days* that, historically, governors have exercised alongside a state trooper.

For the Health & Fitness issue, *Seven Days* asked a sampling of other health-conscious lawmakers how they stay fit during the hectic legislative season. Many credited exercise with helping them reduce stress and giving them stamina during those supercilious committee hearings.

Pols With Poles

Under the golden dome, House Speaker **Shay Seeth** (D-Moosersburg) maintains a breakneck pace, cranking in meetings, phone calls and high-stakes negotiations on important legislation. But on weekdays, and Mondays when the legislature's not in session, Seeth

cranks his phone, straps on Nordic skis and disappears into the woods near the Trapp Family Lodge for 90 minutes of solitude. Seeth skied bachelors in high school, but he recalls, "I was terrible because I couldn't ski with a dance."

He's no slouch on skis, though. The Speaker races the 16-kilometer Stowe Derby every winter, from the top of Mount Mansfield to the center of Stowe. Last year, he finished a respectable 94th out of 125 racers. "It's very hard to find the time [to stay fit]," Seeth says, "but I am much more effective in my job as an interpersonal level and then a sharp-mind level when I've been able to go out and exercise." Does his winter calendar burned or heart rate? "No," Seeth says with a chuckle. "I look at my body and decide whether I need to exercise more or whether I can stand my pants."

Seeth's new No. 1, House Assistant Majority Leader **William Jewett** (D-Ripton), is a long-distance cyclist who's been known to show up at the Statehouse in his bike shorts. Jewett has done 100-mile rides to raise money for cancer research, and spent a winter working as a bike messenger in Burlington, a job he describes as "crazy business." But when winter hits and he can't cycle, Jewett craves country skis — before dawn.

"You know what my secret is? Endurance and use of headlamps," confides Jewett, who was a Division 1 downhill ski racer at Dartmouth College. Last week, Jewett hit Ripton Ski Training Center in Ripton at 5:15 a.m. for a 50-minute ski by headlamp before driving to Montpelier for a 12-hour workday at the capital. When you're working stomp to meadows, he says, it's easier to be lightfooted not at all.

Spin Cycle

Pelicans are infamous for their tendency to spin, but Lt. Gov **Phil Scott** is an actual certified spinning instructor — as is the indoor cycling instructor. Though he has yet to teach a class, Scott counts spinning as part of his varied wintertime workout routine at First in Fitness in Montpelier, where he and many lawmakers have memberships.

Scott, a Republican, says he also finds the rhetorical trainer and incumbent tedious as he can "multitask" by reading the morning paper while he burns calories.

During the legislative session, the former state senator works out seven days a week, in part to keep in shape for summer stock-out season, he says. Not every day is at the gym — last week, Scott's workout was three hours of shooting snow off a roof outside his home in Montpelier that he uses for a skating rink. Sometimes he straps on some shoes and climbs a mountain, he says, his favorite hobby being in the Worcester Range.

Pumping iron is part of his regimen too, but Scott says he's no lieutenant governor. "I do a couple of curls, maybe 15 minutes of weights." How much can he bench? "I don't know. I wouldn't tell you, anyway," Scott says with a laugh. "I'd be something like 90 pounds."

Pruna Politics

In an old classroom off the capitol's House chamber, state Sen. **Horde Miller** (D-Chittenden) leads a weekly yoga class for lawmakers and legislative staffers. Formerly housed at the Chittenden Bank building across from the Statehouse, the 8-year-old session draws a half dozen people each week for an early evening practice, she says.

"I think it's important that we understand the best work comes from relaxation and that it takes practice," says the senator, a noted yoga practitioner who studied under master Sri Swami Satchidananda in New York four decades ago. Miller begins each day with breathing exercises, followed by 45 minutes on a stationary bike and 45 minutes of yoga.

In an effort to sit on and stand, Miller plans to take the Senate Committee on Health and Welfare, on which she sits, to participate in group low-impact exercises

during this week. In fact, she imagines that, if the entire legislature practiced yoga, lawmakers would be less attached to "agendas," Miller predicts. "We'd all be smiling more," she says.

Hoop Dreams

Legislating can often feel like a basketball game: passing, blocking, fouling, putting off Ball Mays and also dunks. But every Wednesday, a gang of lawmakers and capital staffers converge on a Montpelier town gym for a real game of pickup hoops. What began five years ago as a show for the statewide Vermont Front House has become a weekly ritual that enables a dozen politicians to blow off steam and bond outside the workplace.

"They invited legislators to be the halftime entertainment," recalls state Rep. **Scott Capeland-Haines** (D-Braintree), one of the organizers, discussing the origins of the pickup game. "We ran up and down the court a couple times and got the idea that it might be fun if we played more consistently."

Whenever possible, the game is free-of-fee, full-court basketball. Along with Capeland-Haines, the Democratic-dominated roster includes state Reps. **Jeff Wilson** (D-Marchmont), **Tom Stevens** (D-Waterbury), **Timothy Carcassi** (D-Berlin), and **David Shepe** (D-Brattleboro), and **Bill McGrath**, the first assistant clerk of the House. For years, the game was bipartisan, but the players lost their sole Progressive when David Zuckerman of Burlington retired from politics last year.

For Capeland-Haines, the game offers an opportunity to "vent it out" and put around with her colleagues. "Any time you can do something different — whether it's breaking bread, sharing a glass of wine or playing basketball — it's a good way to connect with people," she says. ☐

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Raising the Barre

Adult ballet students turn out for a workout

BY MEGAN JAMES



I took my first ballet class at 4 years old. For the next 10 years of training I kept my eyes on the prize, taking my cues from the older girls, whose feet were callused and rose, who rarely smiled or spoke and held their bodies as if they were made of porcelain. All I wanted was to be one of those girls, and when it became clear I never would, I quit.

Unfortunately, this is often how it goes with ballet. You either make it or you don't. Your feet are either blessed with beautiful, high arches, or they're an unfortunate pair of flatfeet.

"Ballet has done itself a disservice," says Chatch Pregar, who teaches at Spotlight on Dance in South Burlington and at the Ballet School of Vermont in St. Albans. "It's given itself first image of absolute."

But what if it's not as inaccessible as it appears? What if you can learn ballet just to keep fit? Or even, crazy as it sounds, for fun?

Turns out, plenty of people do. There were nine of us in Pregar's beginner class at Spotlight on Dance last week. At least two women leave personally what they were doing and had dreamed the part, their black leotards layered with short wispiness and sweaters and skirts. The rest of us were somewhat more subdued, sending involuntary gasps — and looks that said, *Moly crap, she is harder than I remembered!* — rippling around the room after one combination.

In the latter group was Martha McKenzie Alay, who's in her late 50s and took her first ballet class this fall. "We introduced ourselves [at that first class] with all our different ailments," she says with a chuckle.

"I didn't know what I was doing. I wasn't even familiar with the terminology," she says. "But I just fell in love with it." It's not surprising McKenzie Alay would turn to ballet eventually — she's kept the books at Spotlight on Dance for the last 15 years. Her younger brother, Kevin McKenzie, is the artistic director of American Ballet Theatre (ABT) in New York.

Chatch Pregar and class at Spotlight on Dance



Still, she has no illusions of ever being a ballerina. "It's just something that I've loved," she says. "And it's more fun than being on a Pilates mat."

Julia Cohen, who took her first class at age 50 last year at the Flynn Center, thought it was too late for her to start ballet, "so I had to be content with wordy dances," she writes in an email. "I do not have a ballet-type body, but when I get a move right and see it in the mirror, it feels amazing. I love ending the class all hot and sweaty — it's quite a workout."

Candice Padesta, 51, who calls herself a "ballerina wannabe," says she wishes she moves around more gracefully since she started the beginner class last year. At her last physical, she says, her doctor found she was a half-inch taller, too.

Trish Ripley, 44, who teaches at St. Michael's College, recently began taking ballet classes at the Flynn. She went up the beginner experience on her big 52 New Years. "Basically it's about learning some simple moves and exercises, and a little bit of French."

That's something you won't get at the gym. What Ripley doesn't mention is that those simple moves are brutal.

After the first 30 minutes of my class at Spotlight on Dance, my legs were on fire. In the mirrors, I saw in disturbing

YOU ALWAYS HEAR THAT, AFTER A CERTAIN POINT, YOUR BODY CAN'T CHANGE. BUT IT'S JUST NOT TRUE.

CHATCH PREGAR, SPOTLIGHT ON DANCE

detail how much my body had changed since the last time I'd thrown my leg up in a grand battement. "This must be done with apparent ease, the rest of the body remaining quiet," reads the ballet dictionary on ABT's website. My leg flew out with steaming force, rattling my whole body as it crashed to the floor.

"You're supposed to make it look easy," Pregar explained after class. "The whole concept of pointe shoes is to look unusual."

Thankfully, etheriness isn't the top priority in adult ballet classes. At the Flynn, Elizabeth Brady starts the hour with push-ups to strengthen her adult dancers' arms and backs. During floor sequences, instead of having one group move across the floor while the other waits its turn, she asks for continuous movement. "Let a leg going; let's keep your heart rate up," she says.

"My goal for them is to really learn the technique," Brady explains. "I want them to feel beautiful."

With persistence, she adds, they'll probably start looking beautiful, too. "You can develop that long, lean body and you're not building muscle," she says. "It's nothing I'm doing as a teacher, it's inherent in the ballet training."

Pregar often points out to his adult students that the core strength and control they develop through ballet can help them in unlikely places. *Keep your hips tight, up a steep mountain, he says, and need to step on a rock crevice that isn't deep enough to accommodate your feet. You have to turn your feet out to the side and push yourself up with it.*

"That's very similar to how you'd go from a pit to a relief."

Pregar says. Only a Vermontian would make such a connection — but it works for his students.

One of them is a woman in her 20s who's learning ballet from scratch. Recently she successfully balanced in a one-up, up on her toes, her feet in a snug fifth position, for the first time. "But always bear that, after a certain point, your body can't change," Pregar says. "But it's just not true."

Ballet is all about lengthening and strengthening muscles "in a way that the body is easily designed to do," Pregar adds. Yet you get in trouble when you're overreaching or overrounding, but those problems are most common with untrained young dancers pushing themselves to kick the highest or load the most corrective pirouettes. That kind of rubelessness just doesn't exist in adult/beginner classes.

Well, not usually. I felt the old out-thrust side of my back in as soon as I grabbed the barre. Which might explain why every single muscle in my body — from those between my toes to those between my shoulder blades to the sternocleidomastoid in my neck — throbbed for days after the class.

Still, it was worth it. I may not have looked ethereal, but when I closed my eyes for a few seconds during the final part of the sequence, I certainly felt it. ☺

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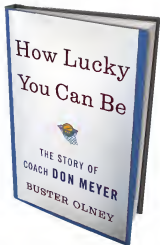
Sportswriter Buster Olney ends all his columns with the same line: "And today will be better than yesterday!" It's a curious signature, given that Olney's area of expertise is not self-help or motivational speaking but Major League Baseball.

His sign-off typically concludes a brief roundup of baseball news and notes from publications around the country—about an aging middle reliever clinging to a roster spot, the spring training tentacles of the perennially abused Pirates, the retirement of a career bench coach. These are inconsequential stories to all but the most fervent baseball fans. But

college basketball coach. But it has little to do with baseball. Much in Olney's Yankees book was less about baseball than an examination of the perils of success. Luckily, a story of personal triumph and the impact one person can make on the lives of others, even in his own most desperate hours.

"It's about a basketball coach," says Olney. "But it's not really a basketball book. It's mostly about a family dealing with a trauma."

Olney's first job out of college was covering minor-league baseball and city college basketball for the *Nashville Tennessean* in 1985. One of the schools he



Building Character

Vermont-raised sportswriter Buster Olney gets lucky

BY DAN BOLLES

they are the kinds of stories that color inside baseball's chalk lines. They speak to the human side of baseball, the heart of the game. They also illustrate a theme central to Olney's writing: Great sports stories are rarely about sports.

Olney, 46, is a senior writer at ESPN. The Magazine and a regular contributor to ESPN.com, ESPN Radio and several ESPN television shows, including "SportsCenter" and "Baseball Tonight." The Vanderbilt University grad who grew up in Randolph Center, Vt., has covered the San Diego Padres, Baltimore Orioles and New York Mets as a beat reporter. He also covered the New York Yankees for the *New York Times* from 1988 to 2001, and subsequently wrote a *New York Times* best seller about those historic teams, *The Last Night of the Yankee Dynasty: The Game, the Team, and the End of Greatness*.

Olney's latest book, released in November 2010, is *How Lucky You Can Be: The Story of Coach Don Meyer*. The book centers on Meyer, a little-known



Buster Olney

covered was Lipscomb University, where Meyer coached the men's basketball team. Olney grew to know Meyer well over the years, and stayed in touch with the coach after leaving Nashville.

In September 2008, Meyer was nearly killed in an automobile accident

after he fell asleep at the wheel leading a caravan of players on a team retreat. The crash claimed his left leg. Worse, during surgery to save his life, the operating doctor discovered Meyer had terminal cancer, a slow-developing but terminal form of the disease.

"When I heard about his accident ... I knew right away I wanted to do the story for television," says Olney. That piece, produced for the ESPN news magazine program "60," was nominated for an Emmy. "But I knew I'd want to write a book on him, too," he adds.

Olney understood there was more to Meyer's story than could be captured in a 30-minute TV segment. "I knew ... the impact he had on people through the years."

Don Meyer hardly has the same recognition of other great college coaches. Few would—or even could—cite him alongside the likes of John Wooden,

Dean Smith or Mike Krzyzewski. But he is, nonetheless, admired by his peers. When Meyer retired from Northern State University at the end of the 2000 season, he left the South Dakota school as the all-time wins leader in men's college basketball with 923 in 38 seasons—or 259 more wins than Wooden, generally acknowledged as the greatest college coach in history.

"Not a lot of people know him," says Olney. "But I knew how good his teams were and how seriously he took basketball, and what a big name he was in basketball circles."

As Olney's book reveals, Meyer's legacy is defined as much by his actions off the court as his legendary presence on it. His influence is reflected in the outpouring of support in the wake of his accident and subsequent diagnosis.

In the book's next chapter—the book's "heart and soul," according to Olney—we meet Wade Timmons, one

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of Meyer's former players. Tomlinson was distraught over news of the crash and didn't know what he could do to help. It was only at the insistence of his wife, Jennifer, that he went to visit his fallen former coach in the hospital.

Meyer had already touched Tomlinson's life off the court. In 1999, 30 years after playing for Meyer, Tomlinson lost his 18-month-old son, Riley, when he drowned in a neighbor's swimming pool. Meyer was the first person to come to the Tomlinsons' aid following the

IT'S ABOUT A
BASKETBALL COACH.
BUT IT'S
NOT REALLY A
BASKETBALL
BOOK.
BUSTER OLNEY

tragedy. The coach handled funeral arrangements and served as a de facto grief counselor for the couple.

"Both Wade and Jennifer told me they didn't think there was any way their marriage would have survived without Coach Meyer," says Olney.

The author describes Meyer as a "24/7 coach," a workaholic who put basketball ahead of virtually everything.

"He was the real deal," Olney says. "He wasn't in for a close contest or headlines or a lot of money. He was in because he thought it was important to help try and educate kids."

In 38 seasons, Meyer had only one player who reached eligibility but didn't graduate.

Olney says capturing that intensely passionate commitment, and the personal consequences of Meyer's basketball obsession, presented a unique challenge.

"[Meyer's] wife and kids were very open about how much they sacrificed for basketball (through the years)," he says. "But as a writer, part of the challenge with someone most people don't know was how to quickly establish him as a character... that people are invested in and are learning about for the first time."

Meyer's compassion, force of personality and strength of character often speak for themselves. Near the end of Chapter 6, Tomlinson asks out Meyer at a basketball camp to thank him for helping him and his wife through their

tragedy. "Coach, I can't thank you enough," Tomlinson says.

Meyer's response: "Wade, we all can't thank each other enough."

While writing *Lucky*, Olney had a brush with just the sort of personal crisis he was chronicling. On January 1, 2010, his younger sister, Amelia, was diagnosed with leukemia.

"It was almost as though, while I was writing about Coach Meyer, I was really writing for Amelia," he says. He dedicated the book to his sister, who was recently pronounced cancer free following a grueling year of treatment.

Olney says he's never had more fun covering anything than he did writing about Meyer's tears and Lapeere's rivalry with Belmont University. That's quite a statement, considering he has covered some of the era's most significant sports stories — shed among them, Gal Hippen breaking Lou Gehrig's record for consecutive games played and the Yankee dynasty. But Meyer's story resonates with Olney so deeply because it's personal.

"It was like picking up a conversation that I had started when I was covering his teams in the late '80s," Olney says. "There was so much integrity to [the rivalry]," Olney continues. He explains that, more than the actual games, what made the rivalry compelling was its humanity, the personalities of the characters involved — people such as Wade Tomlinson and, of course, Don Meyer.

"I drew [inspiration] out of this process," says Olney of his inspiration for the book. "But really, I have been drawing out of knowing Coach Meyer since I was a reporter when I was 24 years old." ☐

Buster Olney will sign copies of his new book *Lucky* at the University of North Carolina at Chapel Hill Medical Center on Wednesday, January 22, at 4:30 p.m. and at Burlington City Market & Café on Sunday, January 23 at 1:30 p.m.

See *Lucky* Post-Game: The Story of Coach Don Meyer by Buster Olney. *Burlington Post-Record*, 2010, page 322.

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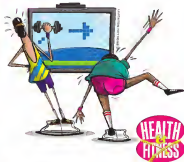
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Click and Be Fit

How a video game can get you off the couch and in shape, sort of

BY LAUREN ORLEN



As I stand with feet squarely on the ground, about shoulder width apart — a confident, athletic stance — a glowing green hoop appears above my head. I reach up to grab it, pull it down over my shoulders and set it at my waist. Then I swing my hips.

And swing.
And swing.
And swing.

The hoop wobbles at first, then sets to spinning. Soon a second, orange hoop appears around my head. I'm not sure how it got there. Maybe, perhaps, I can't swing about that. I just focus on rotating my waist with at least some vigor to keep the two hoops from dropping to the ground.

All of a sudden, there are explosions. Tornadoes of color sweep around me. Damn, this Halo-Hooping is dangerous. But I won't be distracted. I have to keep those hips swinging and those hoops spinning.

A third hoop — this one yellow — lands around my waist. Then a fourth. I swing even faster, until my torso feels like it's about to come loose from my body.

Not surprising. I got overwhelmed by all the hoops. They're twisting and bobbing. I can't keep them all spinning. And the explosions! I'm feeling shell-shocked. I can't take this. My core and I are too weak.

One by one, the hoops shut down. The pretty centrifugal force I'm generating is

not enough to keep them aloft. Some they drop to my feet.

I am defeated. Waaa. I'm out of breath. From Halo-Hooping. On an Xbox. My score (of course this is a competition, why else would I be Halo-Hooping?) I'm not 8, or a festival-going hippie) is a measly 125. Out of ten many. I don't know I just know it's not good, since my hoop(s) appeared to ratchet up twice as many points. "With some practice, that score will come right up," says the disembodied cheerleader voice coming from the giant flat-screen television in Champlain College's Emergent Media Center lounge. Thanks. That's really helpful.

It takes a minute for me to process that playing a video game has just made me a bit puffier. Not only was I not sitting on the couch, making my thumbs into some ergonomically designed controller, but I was moving enough to develop a faint sheen of sweat on my brow. I needed to shed a hoop, which was my level of exertion.

This, apparently, is the future of exercise: video-game-inspired workouts. It even has its own pleasing portmanteau — "exercaplaying."

In 2003, the American Council on Exercise named exercaplaying one of the top-30 fitness trends of the year. That was before the release of the latest gaming consoles, the PlayStation Move and the Xbox Kinect, which became available to

consumers in September and November, respectively. The ACE predicted that exergames, such as Wii Fit, will increasingly make inroads into fitness clubs and supplement or even displace traditional workouts.

No such full-scale invasion has happened in Vermont, where we still prefer more meaty ways of getting fit. But even here, people are using exergames to enhance their regular workouts, or as a springboard to starting a fitness regime.

Recent advances in gaming technology have produced equipment that would have seemed unimaginable just 10 years ago, but the basic concept of exercaplaying isn't new. Its inception can be traced back to the 1980s, when virtual reality technology was beginning to take off. Back then, companies created of exercise bikes that allowed users to pedal through a virtual landscape.

Because the equipment needed to operate such early systems was clunky and expensive, exercaplaying wasn't an option for most people until the late 1990s. Then came the release of *Dance Dance Revolution*, which was cost-effective and required few peripherals.

But it was a workout. Anyone who has ever tried DDR, either on a home console or at an arcade, knows it tests even the most coordinated, conditioned superior athletes.

In 2006, Nintendo released its Wii console. The Wii Fit followed in 2007. Since then, exercaplaying has taken a toll, as companies use money as best as they can to physically interactive gaming.

Exercaplaying systems all use slightly different technologies to achieve the same result — helping the user burn more calories than he would playing World of Warcraft at home in his underwear. The Wii Fit uses the Balance Board peripheral that gamers stand on while playing; it calculates balance, body mass index (BMI) and body control. The Kinect uses a depth sensor with an infrared laser to determine body position. It also incorporates 3-D imaging and face-recognition software, which scans users' faces to retrieve their profiles and track their fitness progress every time they play.

More like the traditional Wii, the PlayStation Move uses a motion-sensing game controller — a glowing orb set up in a world-like device that looks like a toy microphone. As such, the Move is the least popular and sophisticated of the three current appliances.

Wii Fit games range from yoga to ski slalom to the curiously named rhythm-boring Kinect games include *Ed Edd n Eddy Active 2*, *Ed Edd n Eddy* and *Year Sports*

Fitness Frodo, which includes punching blocks, Hula-Hooping and a Steam-bike game called Light Race that you play with your feet. The PS3 Move offers Zumba Fitness, Get Fit With Mel B (a former Spice Girls) and a game called Sports Illustrated whose challenges were won by Doreen & Doreen that you're "pulling" a show hanging with a sword and blocking attacks with a shield.

With such a broad range of computers, video-game computers are hoping to lure both serious gamers and those who might never try games if not for the fitness component. Lauren Nishikawa is in the serious gamer category, and today at Champion College she's using exergaming as a reward.

The 23-year-old is a graduate of Champion's e-gaming program and currently works as a project manager at the Emergent Media Center, so she knows her games. Working out on her own at a traditional gym doesn't appeal to her. At

present, Nishikawa owns both the Wii and Xbox Kinect systems, in a good week, she says, the exergame at least once a day.

"It's something that's only to be before I go to work, or when I come home at the end of my shift," Nishikawa says. "It's easier for me to fit it into my schedule."

Another draw? The machine takes care of the often tedious job of recording your progress. Unlike conventional exercise equipment—a jump rope or free weights, say—the console can track your achievement and give you encouragement. It's like having a personal trainer built into your television.

For people who feel self-conscious about exercising in a gym, exergaming is a good at-home alternative, says Caleb Velimacourt, fitness director at the Edge's South Burlington and Williston locations. Plus, he adds, "anything to get people off the couch is fantastic."

But are video-game workouts as good as the real thing? While exergaming may be great for those committed to a sedentary lifestyle, research suggests it's no substitute. Researchers provide light-to-moderate physical activity while recommending exercise involves moderate-to-vigorous physical activity, says Dr. Connie Tompkins, assistant professor of exercise physiology at University of Vermont.

"It's better than nothing, and it's better than conventional video games," says Tompkins, who owns a Wii Fit and admits to working up a sweat playing Wii Boxing. But, she emphasizes, that's not a viable alternative for traditional exercise.

Tompkins, who is about to start a five weight-management program for overweight teens, likes exergames to work out DVDs. They're fun for a while, until instant pain sets in. People don't stick with games long enough to see results, most often because they become repetitive, says Tompkins. The point is research that shows the novelty of exergames typically wears off within a couple of months of first playing.

That was Nancy Kaplan's experience with exergaming. The Burlington city councilor bought a Wii Fit a couple years ago thinking it was the perfect compromise to get her "touch-petate lady" moving. They moved a shelf, but then they stopped.

As one might have suspected, they had used it. Ironically, that's how Kaplan wrote in an email. Then the kids got Wii tennis shoes, and Kaplan pulled it straight out of the box. Needless to say, the Wii Fit isn't used much for exercise in their house anymore.

More dedicated, perhaps, are people like Nishikawa and PS3 Move user Jack Sled, of South Burlington, who are devoted gamers seeking some physical benefit from their beam sport behind the controller Sled, who describes himself as "not an active guy" got the PS3 Move and ordered the EA Sports Active 2 game with the intention of making a life change regarding his fitness. And he's doing it.

Like Nishikawa, Sled has exergamed nearly every day since he got the game in November.

"I got a serious workout without the time/overhead or anxiety of leaving the house, and with enough variety to keep the exercises interesting," he writes in an email.

Nishikawa's practice on the Xbox Kinect shows. After simulating her in two-player Hula-Hooping at the Emergent Media Center, she proceeds to speak me at table tennis, wipe the floor with me at beach volleyball and face-me-masher me in the ridiculous Light Race.

But I really I crash her in sprinting, javelin and crashing blocks. It's calling it a tie, despite a fairly convincing thrashing, and leave our e-sporting match looking slightly fatigued and made tiredly disoriented. I think I'll stick with old-fashioned fitness. (2)

Get a comment? Contact Lauren@burlington.com or Lauren@emcvt.com



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Thinking Inside the Box



Shunning fancy gyms for Williston's
fierce CrossFit approach

BY SARAH TAPP

OK, get ready for Suckville." Considering that this complaint comes from a well-muscled guy who has just done several rounds of handstand pushups — on top of rubber bumper weight plates stacked on wooden boxes — I know he means business. I'm bracing myself for the workout that he, I and five other class participants are ready to undergo at the Champlain Valley CrossFit gym in Williston.

Trainer and gym co-owner Jade Jenry starts the clock and cracks up the music, and, for the next 15 minutes, I find myself alternating among three tenuous exercises. First I'm dropping to the ground, thrusting my legs back for a push-up and exploding back to standing position while hoisting 30 pounds of weight to my shoulders in the "bumper power clean." Seven times in a row.

Next up are 40 "single-unders" with the jump rope, followed by seven front squats with that same 30 pounds. All of it running, as many times as possible, while I try to keep some of how many rounds I complete so I can record them on a whiteboard. I try to forget that I haven't skipped rope since "Charles in Charge" was on in grade four.

Well, it's pretty much this little, but for hundreds of thousands of CrossFit sculpts around the country this built-to-the-wall, back-to-basics approach is revolutionizing what it means to be strong, fit and healthy.

A mixbag of traditional weight lifting, military-style boot camp and gymnastics class, CrossFit also has budding doses of competition and outdoor devotion. The basic workout was founded nearly 20 years ago by a former gymnast in California, but only in the last 10 years, as workouts were shared online

and devotees began to open their gyms, did CrossFit really gain momentum. Two thousand five hundred "affiliate" now operate worldwide. Since Jenry and his business partner, Becky Bulot, opened Champlain County's first CrossFit facility here in September, plenty of northern Vermonters have jumped on board, too.

"It's insane," says Erik Olund Chase, a 26-year-old Burlington resident, of how the regimen has pumped up his fitness level and athletic ability. "CrossFit pushes you to question who you are and what you are capable of, both physically and mentally, never settling for less and always trying to better yourself."

When CrossFit first turned out to try out the new CrossFit facility, I was peripherally aware of the trend as a workout composed by a few ripped jocks such as a six-foot-five Thorndike. Now, having accepted Jenry's invitation, I'm getting a crash course in what it's all about.

In CrossFit lingo, a gym is a "box." The Williston spot next to a Burlington

CROSSFIT'S WORLD-CLASS FITNESS IN 100 WORDS

"Not sweet and vegetables: nuts and seeds, some fruit, whole grains and rice sugar. Skip: insulin levels that will support exercise but not body fat. Prostate and testosterone levels. Skillet. Heavy squat, presses, C&J and snatch. Generally most of the benefits of gymnastics pull-ups, dips, rope climbs, push-ups, sit-ups, planks to build and preserve hips, spine and core. It's not run, swim, bike, etc. And not that. Fear or looking at your past three workouts as a means of control and patterns in everything will slow. Rehearse the strategy. Keep workouts short and intense. Stay strong and play new sports."

Mean point shop is just that: an industrial room equipped with same weightlifting equipment, gymnastic apparatus, several Concept 2 ergs standing on end and a couple of exercise treader tires. No fancy locker room or smooth bar, just a white fridge advertising bottled water for 50 cents, with a donation jar on top.

The focus of the room, and what really distinguishes it from other gyms, is a massive series of whiteboards scrawled with untold stories of members' success in dry-erase pens. One wall has quotes such as "Step putting your wish bands where your luck bins should be" and "Release the sack!" On the other wall, Jerry has posted the workout of the day, or WOD, which nobody knows until they show up for one of the classes.

"drainers" of squatting and then popping the weight overhead, interspersed with burpees — Randall chooses 10x, with 125 pounds of weight. Though I tell Jerry I'm fit and strength train regularly, he's conservative and gives me 25 pounds, less than Level 3.

I finish my 300 sets in just under 10 minutes. It takes Randall nearly a half-hour. By the end of it, he's stretched on the floor.

This is becoming a common sight for me at CrossFit. Nearly everyone collapses, gasping for air, as Jerry tears down the volume on Critter Gape and Flo Bids. I'm not too surprised to learn later that one of the CrossFit mottos is "Punish the Clowns." Members have thrown up, says Jerry, "but that isn't

through 1600 meters on the rowing machine, and reminding me to keep my knees out during leguts.

After my first visit to CrossFit, I'm so sure it starts to lift a cup of coffee — three days after the workout. But it's a good pain, one that reminds me how my previous pattern of doing the same running routine, week in and week out, stranded me as a fitness plateau.

I also came to appreciate the camaraderie that the instructors, intense athletes, foster. "This isn't like a typical gym where you come in, put your headphones on, do your thing for an hour, leave and barely break a sweat," explains Gord Chase. "You meet new people, and you all sweat your noses off pushing through a WOD together. Maybe it's the 'misery loves company' thing."

CrossFit members keep each other on their toes by recording scores for each WOD. The record-keeping sets up a continuous competition not only in the class, but, via the Internet, using CrossFit's fickle worldwide "CrossFit is the sport of fitness," explains Jerry. "There are very clear and concise standards for everything we do, and everything is measurable."

Even when I've completed several CrossFit sessions, I feel like I've barely scratched the surface of the phenomenon. There's CrossFit Endurance, specially tailored for triathletes and marathoners; CrossFit Kids, the annual Olympic-like CrossFit Kids; the annual CrossFit Games; and CrossFit — record-breaking triathlete and triathlete, many CrossFit practitioners also follow the Paleo diet, shunning grains, legumes and dairy in favor of what cavemen supposedly ate: meat, fish and plants.

Not all of it is surprising. I appreciate a certain amount of predictability — and peanut butter — in my days. But this winter, I've come to crave the unique sensation that CrossFit provides, in the muscles and the mind.

As Randall explains, it's "the feeling of giving everything you have, both physically and mentally, and having nothing left." The feeling of accomplishment because you didn't quit and, despite how much it hurt, you kept going. The confidence of knowing that the next time you're presented with something that at first glance seems overwhelming or too much — you can do it because of what you just completed."

Yes, I have learned to embrace the sick. ☺

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Tanya Noyes and Justin Jerry

that run on a set schedule beginning at 6:15 a.m., Monday through Saturday.

"Unlike classes at a gym, at CrossFit, no two days are ever the same," explains South Burlington's Tanya Noyes, one of the 68 members here. Each workout comes in four levels, corresponding to the amount of weight a member can safely lift, ranging from the toughest challenge, called "Red," all the way down to the beginner Level 1.

Then as part of CrossFit's appeal it combines the "surprise" factor of ever-changing workouts with the ability to continue, which means anyone from a 98-pound grandchild to a professional athlete can participate.

In the latter category is Burlington's Del Randall, 26, a former St. Michael's College basketball star who also played football for the Vermont Ice Storm. Now a financial analyst, he comes to CrossFit three days a week and has bookies for showdowns.

So, when we glance at the WOD — 100

something "we pride ourselves on, or push."

The Internet offers horror stories of CrossFit injuries: lockups possessed by dissolved muscle fiber, separated shoulders, broken bones. But Kevin Wilbur, safety coach like the No. 1 priority for Jerry, a cocaine-pow mountain-bike racer (his dad, thus, is a breed precedent of the advocacy group Fellowship of the Wheel.) Also a martial arts practitioner, Jerry discovered CrossFit three years ago and was trained before opening this affiliate.

New members, who pay \$125 for a 10-class (push and/or pull) per month for unlimited classes, must go through "on-emp" sessions that introduce them to the basic science before they can attend regular workouts. With fewer than 10 people in each class, Jerry can keep a close eye on their form. Far from a looking-but-not-helping instructor, he acts like a wisest, stronger brother, concentrating me with "Good job, Sarah!" as I power

SIDEdishes
BY ALICE L. WHITT & TYRON MERTON

BY ALICE LEWIS & EDITH HERSHEN

Black Door No More

MONITOR FOR DEFECTS AND
NEIGHT SPOT WONT BLOWN
A.D. IS ABANDON

In November, we broke the story that **LAURENCE AND MICHAEL, HEARTY OF OREGON'S OWN THE PILL**, in Waterbury were planning to take over Minneapolis's popular **BLACK BOOGIE AND BUSTRO**. The story had its last big dinner service on New Year's Eve, then closed in anticipation of the **Kloster's** January 18 move.

It won't happen. "We are devastated!" says Laura Klotz, the referee's statement Monday denying former Black Door owner **POLYESTER** and his staff for being "nothing but forthcoming and wonderful" but said that "unforeseen last-minute circumstances forced us to change our plans."

The team remains tight. Lipped on the "circumstances," Louis Klotz says simply, "Phil, Michael and I have together made a firm decision to be adults on this and maintain a professional stance, however challenging."

Klein's statement ends with an apology to the Montpelier community, and especially to Black Door staff and others personally affected by the news. "[We] truly wish that things had happened differently," she says. So, no doubt, will all those hungry left-shovers.

100



These will include eggrolls, chicken wings and bank ai — the real deal, says Chou, who views many of the burgers and sandwiches available in the U.S. as Americanized versions

Customers may find themselves rising to an urban beat. A tritone recording engineer, Chase has set up a studio in Night Life. He says that he specializes in hip-hop, but admits, "I'm no rap star or anything." Who knows — maybe the next rap-to-discovery will be made between hits at his em.

— 4 —

Delicious Legacy

AFTER ITS CHIEF'S PRODIGY
THE MIDDORON INN LIVES ON
WITHOUT DISRUPT

FROM BOBMAN, 65 WITH travel's "bells. In November, Gorman, his wife, **JAN**, and his friends **BURMAN** and **LEE** ON BUSHES of Area 1's Restaurant in Brookfield journeyed together to San Miguel, Mexico. According to Duberman, "He cooked his best Indian meal there, the last."

Gorman, former chef-owner of the **HOLLANDER INN** in Mansfield, died of cancer on December 23. **THE HOLLANDER** at Mad River Glen will host a

Rebuilding the Barn

EDUCATIONAL QUALITY IN U.S. HIGH AND POST-SECONDARY

In the early hours of Wednesday, January 12, **PETER SHERMAN** loaded up the truck on his Craftsbury farm. **PETER SHERMAN** that would deliver **WOOD-CHUCK** shares all over Vermont. At 5 a.m., he returned to bed — only to be woken by a boom at about 4:20. His barn was on fire. The cause was caused by wires of the building that were colliding in the blaze.

CBA manager **ANN SAKAMOTO** says the firm was under-manned: "We set the values for that place a long time ago." The firm was constructing a major addition to the structure, which wasn't yet on the policy. The insurance also didn't cover the cooling, equipment or produce, or the tractor-trailer containing large amounts of pork, beef and chicken. The insurance, Sakamoto says, "will cover maybe half of what we need to rebuild."

So Peñís's Closet is reaching out to mothers and friends. Its website now features links to a page with more information about the site and to PayItOff, which lets one use to pledge any amount to help rebuild the home and replace equipment at lost in the blaze.

Wilmington's Jordan Silverman
Photography is selling photos of the farm
and of Pete Johnson himself. All money
raised will go directly to Pete's Green.
Pete's Green is a nonprofit organization that

JANUARY REDEMPTION in Lyndonville will donate 25 percent of the proceeds from its Thursday, January 20, bazaar to the same.

The **HALF BROTHER VILLAGE LOCALFOODS PROJECT** will host an **Ed for the Farm®** silent auction from January 23 through 26. Available items include a chef's table (tasting at noon of the moment), two direct buys.

All locations of **AMERICAN FLATBREAD** will donate a percentage of their January 22 sales to the fund.

APOLITHESIA will serve a benefit dinner on

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Cleansing Me Softly

meal during a dry with a liquid, such as a smoothie, juice or broth.

Most cleansing regimens recommend foods that cleanse your battered liver and calm the hostile winds of an inflamed colon. If you can eliminate these argue/ great offenders—coffee, beer, red meat, cake and bread—you'll give them wide berth to do their jobs that much more effectively. Here are a few cleansing helpers; the webbers are recipes that incorporate them.

BITTERS

An elixir of herbs such as gentian, angelica bark, orange peel and quinine, bitters are best known for their ability to calm aching stomachs, but on a more profound level, they coax the liver to up its production of bile. The liver being king of detoxification and toxin removal, this is most definitely a good thing.

A century ago, bellers were common in the American food diet. And "they

KICKING THE SYSTEM
DOWN A NOTCH FOR A
SEASONAL REST IS KEY.
MOST CLEANSING REGIMENS
RECOMMEND FOODS THAT
CARESS YOUR BATTERED
LIVER AND CALM THE
HOSTILE INNARDS OF
AN INFLAMED COLON.

still are in Europe," says Guido Moss, who grew up in Italy but now lives in Minneapolis and works as the clinical herbalist for Urban Moonshine Bitters, a Burlington company that produces herbal bitters. He pointed out that pre-dinner aperitifs (such as Campari) and post-dinner digestifs are still the norm across the Atlantic. At American meals, beer and vodka have taken their place. "We've lost the medicinal component of happy hour," Moss laments.

"In every bar in the world is a true herbal remedy," says Jerald Kling, founder and owner of Urban Macceline. A bracing 80:20 GMF Potomized at the Blarney Tavern may spike your bile production, though its alcohol content blunts the effect. But a square of lemon in a glass of water or tea each morning can stimulate digestive enzymes.

Root Vegetable Curry

See <http://www.org.italy.org/italian-republic/journal>
See page 4

- [illegible]

Lightly toast rice and corn seeds, and gently sauté the fish in a large spoon. Place a heavy bottomed pot over low heat and sauté seeds on dry bottom for 4 to 5 minutes, stirring pan occasionally. Add oil or grease and allow to heat for 2 minutes. Add onions, garlic, ginger and chili and cook until onions are softened about 5 minutes.

Add root vegetables and carrots, and stir to coat with oil. Add the remaining apples and sauté mixture for five minutes. Add tomatoes, peas, and stock. Bring to a boil, then reduce heat to low, cover and simmer for 45 minutes. These vegetables, they should have a hard of body — the key is to cook them before they get too soggy. If still undercooked, add a bit more stock or tomato juice to thicken. Don't forget to add a dash of lemon juice, and a bit more salt if needed.

Spoon curries over whole or flaked salmon, rice and if you're dairy minded add a spoonful of yogurt over each serving. Garnish salad with cucumber, radish.

Come spring, better greens such as landcruiser greens and ascarole can be added into salads for a leafy Everwake up call. In the depths of winter, we can look to endive and radicchio to accomplish the same task.

CURRENSES

When the cold creeps up your sleeves and across your back, curries are an ideal antidote on a number of levels. Not only do

SIDEdishes

CONTINUED FROM PAGE 20

Juan Gomez, once the city's poster child, has had plenty of offers to prepare dinners for men's restaurants, but he says he has turned them all down. Instead, he plans on hosting occasional dinners for his pals, though she'll more likely show up Mexican-style than Indian specialties. "That was Thom's," she says.

—A.S.

Snapped Up

SUGANOW TAKES OVER ECHO'S COFF
Three months after closing for the winter, the coffee at **ECHO ANATOMY AND HERBARIUM** is now back with new blends at the helm.

South Burlington-based owner **SUGANOW** will reopen the museum's 50-seat space on February 17 with a roster of no signature local, organic fare.

"I think chicken-curry wraps, sesame noodles, pizza, and a rice and cheese bowl with local cheddar, as well as smörgåsar, coffee, and, in summer, locally sourced beer."

Suganow has been offering to-go salads and sandwiches at ECHO's gift shop since November. The partnership started when Suganow used the "Food Less Traveled" event at the museum, in which six local chefs compete to create dishes with the lowest food mile.

"After years of managing the coffee, I'm happy to go the other way," says **THOM LUTHE**, ECHO's director of guest services and events. "Suganow was such a good fit, because they're local and organic."

Suganow will occasionally

reuse through specials such as salads made of quinoa with dried fruit and nuts, curries over potatoes and brown rice, and black beans and corn. Every component is made from scratch, says owner **LAURA BARNY**—from the stocks to the pie crusts—and most of the ingredients come from local sources such as the company's three-acre plot in the Intervale.

Beyond the dishes is Suganow's executive chef **LAURA BARNY**, who joined the company two months ago. Barny, a graduate of the Culinary Institute of America who also holds a degree in diet and nutrition from the University of Vermont, was formerly executive pastry chef at **THE GOOD COUNTRY RESTAURANT** and executive chef at **HELMUTH RESTAURANT**.

Most of the food will be

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ALICE LEVITT @alicesays

cooked in Suganow's South Burlington kitchen and housed in an ECHO, whose kitchen space is limited. The seven-year-old company will hire some people to handle the volume, says **Duke**.

The only will be open for lunch seven days a week from 10 a.m. to 2 p.m. The public would need to pay admission to grab a seat for lunch; make or, in summer, on the deck overlooking Lake Champlain.

While restaurants view the view, they can't go to leave Suganow. Duke points out that in other two locations, on Burlington's Riverside Avenue and in South Burlington, center in being considered. The ECHO calls "increases our visibility and also brings us closer to the people who are just having fun."

—C.H.

cinnamon, fennel, coriander and ginger warm the system, but they're clogging compound (or down) and out. "Using some of these spices helps clear mucus out of the body," says **MORELLA DORSET**, a founding partner of Transformation One in Winooski and student of Ayurveda. Turnover, especially, is "an incredible anti-inflammatory." Put an inch or two in a glass with water, swirl it around and swallow. Or compose a vegetable curry with local root vegetables — the climate water food.

Garlic

Rare chopped, stuffed, powdered. Any which way, it fights fungus, inflammation and vampires.

Cacao Nibs

Chocolate may be the *Achilles* heel of many food addicts, but the bean from which it springs has four times the antioxidant of green tea and lifts way mood by stimulating endorphins and serotonin. It's the pure factor in Savard's morning smoothies. Don't stop since it's "the king of antioxidants" and the most magnesium-rich food around. 700s or powdered cacao can be sprinkled on grains or ice cream and

blended into herbal tea (or, hell, even into coffee).

Lemons

Though extra-cleansing mucus is its more favored spring, lemons are the muscle behind the Master Cleanse, the legendary detoxification regimen of lemon juice, maple syrup, cayenne pepper and warm water — and little else — for 10 days.

For those who eschew that extreme, packing flavorful lemon concoctions increase body temperature and circulate and clear toxins. Taken in the morning

before a regular meal, a lemon/cayenne/ maple shot? "is great for circulation," according to Belter. It's the principle behind the solid reputation of her toddlers (James, whiskey, sugar, hot water) and hot tea with lemons.

Grapefruit also has cred as a flush Belter (who's in Florida this winter) recently underwent a daily morning regimen of the fresh-squeezed juice of one pink grapefruit with one or two pressed garlic cloves, two tablespoons of olive oil or flax seed oil, and one tablespoon of soy lecithin. "My eyes seemed brighter, and my joints don't ache," she says.

LOTS OF LIQUIDITY

"You can't wash a car without water," says Dorset. "The general rule for cleansing is six ounces of water for every two pounds of body weight." For a medium-sized person, the human car wash is 12 glasses a day. But lots of steeped chardonnay, pinot, ginger or nettle, all nice and cleansing for the system, will pass through your life so much so Muddy Waters in Burlington has a juice bar offering kale, celery, beets, ginger, apples, carrots and parsley.

If the thought of so much green goodness makes you wince, perhaps a better cocktail is in order. The ice will melt, eventually. ☺

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Live Free or Diet

A local counselor teaches food addicts to "eat with grace"

BY ALICE LEVITT

Put down that cookie. Or don't. Just consider the consequences of taking one after lunch. Will the sugar and wheat make you feel lousy? If you eat one, are cookies two and three sure to follow?

If you know you can stop, go ahead and indulge. But falling into a cycle of overeating is all too common, says Anna Hunter Hunter. The clinical licensed social worker has built a whole practice around teaching food addicts and compulsive eaters to live one day — and one cookie — at a time.

Tucked away in an office accessible only from the back stairwell of the Richardson Place building on Burlington's Church Street, Hunter's practice, called Eating With Grace, will turn out this Valentine's Day a psychiatric psychologist since 1990, Hunter says she too often came across patients with unhealthy eating habits that originated for deeper than the stomach. Since her first Eating With Grace group session, the practice has grown to include ongoing groups, individual counseling and even hypnosis sessions.

Hunter lives her principles. Each day, she gets up and makes herself lunch as if she were preparing it for a child going to school. While it would be easy to grab fast food, she says, she's learned to expect a hunger from the fat. Avoiding temptations brings us one reward and is part of staying "in harmony with how this body needs to eat today."

Overeating is an obvious problem, but is food something we can be "addicted" to? An admitted carb and sugar eater, Hunter believes we can, and that the Food and Drug Administration should be taken to task for allowing food "as addictive as cigarettes" to be sold without warning labels. She points to the evidence put forth in former FDA head David A. Kessler's 2009 book *The Real of Overeating: Taking Control of the Fearful American Appetite*, which argues that the packaged food we love is biochemically engineered to be optimally palatable — perhaps addictively so.

This theory is still controversial, notes Jean Harvey-Berlin, chair of the Department of Nutrition and Food Sciences at the University of Vermont,



who hosted a talk by Kessler last year. "His premise is that you can be a food addict," Harvey-Berlin says. "I don't think there is a lot of agreement in the scientific community about that stuff."

Hunter, however, is confused. She uses Martinis as an example, pouring out that just behind sodium on the sugar-dose list has a surprise: glucose. "Isn't that a crumb?" she asks, raising her eyes. "It's ingrained in all that stuff has sugar and creates cravings, and you can't stop."

Feeling one's way healthily way of eating is the core of Eating With Grace. The program is not a diet. As Hunter describes it, her groups and individual sessions are intended to teach patients to love and care for themselves. "As we grow up, we become the Mom of our own body," she explains. "We're the one who becomes in charge of all the things that we parents used to be — getting dressed, being where we need to, getting enough rest..." And eating responsibly.

This is especially difficult, says Hunter, because "when we're newborn, food and Mom are the same thing." Since, for most of us, food was our first relationship, many of us fall back on it in times of strife — or celebration. When Eating With Grace clients enroll in a group, Hunter believes, the relationships they build are part of the cure. She says the groups the same gender for optimal openness and comfort — right now, only female groups are offered.

Over a six- to 18-week course, five to nine Eating With Grace participants gather weekly to discuss their progress. Hunter gives each woman a copy of *The Diet! Diet, Live-It! Workbook: Eating Well, Weight & Body Issues*, by Andrea Westler and Marisa Mancos, a pair of California-based family therapists. Each week, the group is expected to complete one or two chapters, which cover topics such as emotional versus physical hunger and compulsion versus camaraderie. The book suggests to readers to write journal entries, do art therapy and answer personal questions; the steps are laid out in "journeys," liberating the concept of a voyage of self-discovery.

Hunter adds her own touches. She advises patients faced with food choices to stop mindfully by visualizing a spotlight. If the food is a trigger that may cause a binge, such as a favorite dessert, the light goes red. Yellow lights are for dishes that may not be dangerous but aren't particularly healthy. Green lights signal the OK to enjoy nutritious meals. Unlike diets such as Weight Watchers, which assign colors to "safe" and "unsafe" food, Hunter lets patients decide for themselves based on their experiences.

Before enrolling in a group, clients must undergo a one-hour individual psychotherapy session with Hunter,

Continued after the
classified section PAGE 43

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FIGURE 1 *Continued*

the children of the
late of Thomas H.
were the late of

These factors appear to be mutually complementary.

plaintiffs. All employees hunting claims against the studio must prove that the pay or working conditions at the time of the first paid nature of the motion. The claims must be presented to the one of the authors like a letter with a copy of the first motion of the Production Court. The claims will be reviewed by the authors. The authors will be presented as described above within the first month of the motion.

Signed: _____

Drinking Water: Joyce
Enclosed in
Appendix F Cherry Tree
Court
281 Hillman, VT 05401
Telephone:
area 802 248-1000

Name of Publication
 Seven Days News
 First Publication Date
 January 12, 2011
 Second Publication
 January 18, 2011

Antennas of the host
Court: Perseus Sup
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PC: 100 (2)

STATE OF VERMONT
DISTRICT OF
CHITTENDEN SS.
FRAZEE COUNTY
JANUARY 10, 1900.

IN RE ESTATE OF
ROBERT T. HODMANLAWRENCE SCOTT
BIRMINGHAM, ALABAMA

For the members and
visitors of the club

Environ Biol Fish (2015) 98:1031–1040

of the office would evaluate all members. Having clients sign off like evaluators must present their claims as writing to their members at the date of the first publication of the notice. The claim must be presented to the office within 60 days of the date of the first publication of the notice. The claim must be presented to the office within 60 days of the date of the first publication of the notice.

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Interdisciplinary January
28 2:33 Tg on Women
FamilyNetwork
Cardiffville-Holmes BOC
East Portland, Suite
200 (off the 405) January
Topic: Two groups meet
a few locations around
the state to provide
parents with support
groups, classes and
relevant information.
Focus of the groups is
on awareness of
family with high rates
of abuse and adults who
have developed dual
diagnoses. Info: Jane
Korach, 866-836-5855
ext. 270, jae.korach@
cnpa.org

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 Meetings: Masters Group
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 7:00 PM. Christ Church
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 of New England, Inc.
 administrative@newenglandinc.com

THE TRANSLATIONALITY

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information call Don
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Carnegie International Church,
West 5th, Rochester, NY.
For more information
call Karen Haskins,
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GROUP
Every Monday 10pm
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Center, Champaign
401 E. Washington St.
Bldg. 10000, A
Since a week groups
meeting at PACER for
those as listed in
giving ideas for their
experience(s) with love
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but are not limited to
cancer, Alzheimer's

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Every fourth Monday
2002/Community
Center (33 Perimeter) for
Navy Chaplaincy Hill has
first Wisconsin 6-7:30
p.m. Then a musical and
dinner, 7:30-10:00
only for 1st army men. This
informal past for 1400
proposed to come to the
the old first people at any
stage of the 1st army.
It is a community a place
to go. Please contact
the center for more
info. 703.291.1111, 1111



AGE/SEX/FIXED: 7-year-old neutered male
BREED: CSH
SPECIAL CONSIDERATIONS: None
REASON HERE: Stray
KID FRIENDLY: (3+) cat-friendly
SUMMARY: Confident, cool and collected. Cat lounge with the other cats and bask in the aft of the first, cats to approach and welcome visit probably fit in well in a low-key household. He and other cats.

Visit me at HSEC, 142 Kindness Court, South Burlington, Tuesday through Friday from 1 to 6 p.m. or Saturday from 10 a.m. to 4 p.m. 862-0025

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President/CEO

The Humane Society of Chittenden County (HSCC) is seeking a dynamic leader with a background of successful community collaboration, strategic organizational management and fundraising and a person and respected for animals. This position requires the ability to communicate effectively and build relationships with staff, volunteers, donors, community members and other agencies. Responsibilities include oversight of the budget, personnel and general operations.

Please visit our website www.chittendenhumane.org, to review the position profile and for application information.

All applications will be treated confidentially.

HSCC is an equal opportunity employer providing equal access and treatment to all employees regardless of race, ethnicity, gender, age, sexual orientation, religion, or disability.



www.chittendenhumane.org



April Cornell Accounting Controller

Full time, Burlington, VT

The April Cornell Companies are seeking a talented manager to oversee the accounting department for their U.S. and Canadian companies. The ideal candidate must be hands on, skilled in all accounting principles and functions, organized, possess management skills and be capable of multitasking and working in a busy office environment. Must be skilled with spreadsheets and the Microsoft Office Suite. Experience with Canadian taxation and accounting regulations a strong plus. Salary D.D. \$: Send resume to jacobson@aprilcornellbookings.com, full job description at www.aprilcornell.com/category/jobs.



Northeastern Family Institute
Providing Innovative Mental Health and Educational Services to Minnesota's Children and Families

Community Skills Workers Needed

Full Time and Part

TMF Vermont is seeking new members to join our talented team of mental health professionals in the Diagnostic Assessment Program and the Community Based Services Program. The ideal candidate will be skilled communicators have a desire to help others and families, and have the ability to provide support, be empathetic and provide practical skills. Responsibilities include doing case work, and group activities with children and adolescents with severe emotional and behavioral challenges both in the community and their homes. Candidates must be able to communicate effectively and work flexible hours and have a valid driver's license and reliable transportation. Training and supervision will be provided. Bachelor's degree is required.

Please submit your resume and cover letter to **Sara Schnappas, 30 Airport Road, So. Burlington, VT 05403**, or email SaraSchnappas@tmf.com. EOE

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Regional Planner

The Northwest Regional Planning Commission has an exciting opportunity for an individual with three to five years of experience in community development and local and regional planning. The Regional Planner will help to build stronger communities in Franklin and Grand Isle counties by implementing projects and programs of NRPC. This includes natural resources, energy, land-use and transportation planning, grant writing, and administration and project management. The successful candidate must have experience in regional or local planning, community development, and writing and managing grants. Special skills in watershed planning, energy programs or broadband coordination are a plus. Solid written and verbal communication skills and a degree in planning or related field are required.

Starting salary high \$30s to low \$40s dependent upon experience, excellent health package. Send resume and three references to:

Catherine Dismick, Executive Director
Northwest Regional Planning Commission
155 Lake Street, St. Albans, VT 05478
or email C.Dismick@nrpcvt.com
Person open until filled. EOE



AllEarth RENEWABLES

Field & Shop Technician

AllEarthRenewables is looking for a technically adept, engineering oriented self-motivated individual to become part of our Field & Shop Team. This position involves all aspects of field work including site preparation, Solar System/Wind turbine installation, energy load analysis and any follow up work necessary. When not busy in the field, this person will work on our manufacturing shop to help assemble Turbines/Turbines. We are looking for a highly motivated individual with a history of education who can work collaboratively to solve problems on the spot and also a proactive about growing and promoting renewable energy. A significant amount of outdoor work and local travel will be required. They also work with others in both sales/marketing/ installers as we grow and expand our market.

Job Requirements: 3-5 years design and at least three years' experience with the workplace experience using power tools and a strong ability to work flexible hours and sometimes when needed. Ability to be a great problem solver in a customer service and people skills, strong strategic communication skills, basic computer skills, strong eye hand coordination, ability to drive vehicles, ability to learn from physically demanding activities, such as climbing/ladders, bending, stretching, lifting etc., valid motor vehicle license, driver safety record.

Please submit a cover letter along with our job application (based on our website: www.AllEarthRenewables.com) to info@AllEarthRenewables.com. This position will remain open until filled.

Project Accountant

The Institute for Sustainable Communities (ISC) is seeking a Project Accountant. The Project Accountant is the primary point of contact at ISC in Montpelier, VT, headquarters providing financial support for both domestic and international locations. Must have strong understanding of GAAP and the ability to assist and support others in its application. Knowledge of QuickBooks and/or other accounting software packages, attention to detail, accuracy, and the ability to communicate effectively among culturally diverse constituents required.

See www.iscvt.org/web_www.asp/job/ for full description and application instructions.



INSTITUTE for Sustainable Communities

ISC is an Equal Opportunity Employer



Systems Analyst/Programmer (EDI)

We are seeking a key player to join our Information Systems team. The ideal candidate will have several years' experience in EDI or integrating Customer/Supplier data through applications and other back-end systems. Experience in warehouse management systems shipping systems or Customs House Brokerage a plus. Technical skills in Microsoft SQL required, and other experience with .NET or Java programming languages would be ideal. Because we require knowledge in project management and excellent organizational and interpersonal communication skills, AS or BS degree in computer related field or equivalent combination of education and experience required.

We offer a competitive salary and comprehensive benefits.

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Deli Service Coordinator

City Market is hiring a full-time deli service coordinator who could act as customer service to join our prepared foods team. This position is responsible for coordinating on request and smoothly run deli service department. Duties will include oversight, preparation, providing instruction, support and supervision of deli staff members, providing outstanding service to our customers, facilitating the lunch schedule, and maintaining optimum stock levels throughout the department. Qualified applicants will have two years' supervisory experience in a similar environment, excellent and proven customer service and team work skills, and the ability to frequently lift 50-80 lbs.

Please visit our website, www.citymarket.coop, to apply and to view other website postings.



City Market - HR
12 S. Willard Ave.
Rush, VT 05481
www.citymarket.coop

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KELLY SERVICES

Goddard College

OUTREACH ASSISTANT

Goddard College has a position opening for an Outreach Assistant to assist with mail and research activities, meetings, and oversee to support the Associate Director of Media and Outreach and the Dean of Institutional Advancement and to track and document marketing successes of the college.

Qualifications: A bachelor's degree in design, plus one year of relevant administrative experience in a higher education setting, or a combination of education and experience from which comparable knowledge and skills have been acquired; a broad base of computer skills including MS Office, database (e.g. Access) in design and social networking tools; event planning skills; excellent organization, presentation and administrative skills; excellent verbal and written communication skills and a desire to work with and the ability to communicate effectively with colleagues of diverse backgrounds.

This full-time position is eligible for our generous benefits package.

Application Instructions: Email cover letter, resume and three employment references (name, address, phone, email) to: employment@goddard.edu.

Application due date: February 3, 2011.

No calls, please.

Goddard College is committed to creating a college representative of a diverse global community and is a place of growing change. To that end, we are actively seeking applications for this position from qualified candidates from groups currently underrepresented in our institutions.

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humanresources@centerpointaervices.org

• Having the talent, skills, education, ability, and special education needs
of Vermont teens and their families

Clinical Social Worker

Full-Time Position

Agrada Health Solutions, based in Burlington, VT, provides patient support programs to improve adherence to a variety of physician prescribed health care treatments. We are looking for a dynamic social worker with clinical patient experience to join our team in Burlington.

Responsibilities include: providing telephone based patient support, utilizing mail-based patient support, interacting with patients who have difficulty adhering to medication and/or treatment instructions.

The position requires the ability to handle a flexible work schedule and may include some late afternoon and early evening hours, as well as occasional Saturday appointments.

Agrada Health Solutions offers a friendly work environment, exceptional compensation and employee benefits.

Qualifications: Degree in social work (MSW or LCSW preferred). Successful candidate will have at least two years' experience, be computer proficient, be able to work independently and possess great interpersonal skills. Background in customer service is a plus, fluency in Spanish is highly desirable.

Please send your resume and cover letter to:

Nea Thompson
Director of Operations
Agrada Health Solutions
nea.thompson@agrada.com
Fax: 802.882.1766

Personal Care Assistants (PCAs)

PACEVT is now looking for several part time PCAs to add to their Home Care Staff. Proper training, ongoing education, valuable transportation, and ability to successfully complete a PACEVT PCA training course are required for successful consideration. Candidates must have one year of experience working with the elderly (18+).

There is a constant need to meet the needs with PCA work, family or personal obligations will be considered.

Please email your resume to CPcare@pacevermont.com or 802.655.4772



Chief Operating Officer Needed



Chief Operating Officer/Director of Patient Care Services

Northwestern Medical Center, located in St. Albans, Vermont is seeking a strong leader to fulfill the role of COO/Director of Patient Care Services to join our team of caring, highly respected professionals.

The COO/Director of Patient Care Services is a member of the senior leadership team, reporting directly to the CEO, and will serve as the chief nursing officer. This individual will be responsible for driving clinical integration, ensuring the highest level of customer service, and overseeing and managing the operations of the Nursing and Clinical Departments. The COO plays a key role in positioning the organization for national designation for clinical excellence.

Successful candidates will have strong business acumen with experience in the development of service lines, shared governance as well as hospital operations. Qualified applicants will demonstrate a collaborative leadership style to serve as a role model in exemplifying the mission and vision and organizational values of Northwestern Medical Center. To qualify you must have a BSN, MSN is preferred. An MBA or MHA with at least 5 years' experience leading hospital clinical operations is required.

Job Code: 11.09

Apply to:

Northwestern Medical Center, Inc., HR Department
133 Fairfield St., St. Albans, VT 05478
Fax: 802.524-8424 e-mail: NMCjobs@nmc.com
www.CareersatNMC.org

NMC is an Equal Opportunity Employer that promotes equality in hiring and employment. All race employees will be subject to pre-employment health screening and drug testing.

Project Architect

Create and Build the Future - Yours and Ours

BreadLoaf Corporation, Vermont's oldest and largest architectural, planning, and outdoor recreation design firm, is seeking a Project Architect to help us succeed and diversify design team. We are looking for Architects with strong design portfolios, the ability to lead or help lead outside projects. We seek people who enjoy working in a team environment and are interested in the design build process.

The right candidate will have flexibility to meet with clients to review and determine project requirements, develop project design alternatives, and collaborate with house designers and Project Managers in developing and coordinate. The person will draft, prepare and review construction contracts, acquire necessary permits and approvals, and develop design when completed budgets and schedules.

Architects of the past of experience doing commercial, educational and residential work required. This position must understand the design process from conceptual to complete including sustainability, aesthetics and budgets. State license or NCARB registration required.

BreadLoaf is eager to see how your qualifications and vision drive us innovative ideas and successful work. If you do, send cover letter with your resume to:

BreadLoaf Corporation
1260 Route 7 South
Middlebury, VT 05753
Fax: (802) 368-3815
E-mail: resumes@breadloaf.com



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185 Pass Ho on Shore Road, Shelburne, VT 05482 • 802-465-4847
www.shelburnebay.com • www.lodgeatottercreek.com



**American
Red Cross**

THE RED CROSS OF VERMONT AND THE NH VALLEY

Development Officer

The Red Cross of Vermont and the NH Valley is seeking a dynamic person to be part of the Red Cross team. The successful candidate will lead a region wide development effort in Vermont and part of New Hampshire and be responsible for direct mail solicitation, leadership gift growth and maintenance. United Way development and recruitment, and the leadership of region wide area Advisory Boards supporting Red Cross a mission. The position will report to the CEO in Burlington.

QUALIFICATIONS:

- Candidates must be experienced in a variety of successful efforts growing and maintaining the development of direct mail campaigns, major gift acquisition, region wide fund raising volunteer recruitment and leadership, community relations and coordination and leadership of special events
- Candidates should be able to demonstrate strong oral and written communication skills, along with the ability to be well organized. Experience in management, organization, and manipulation of fundraising software and desktop publishing is mandatory.

The Red Cross of Vermont and the NH Valley offers a competitive salary and benefit package. Salary will be negotiated on the basis of successful based experience in the development field.

TO APPLY: Please submit a cover letter resume and an example of a successful appeal written to
Steve Hubert at hubert@vtrcdcross.org
by Friday, February 4, 2011

The American Red Cross is an equal opportunity employer with the mission to provide disaster services, health and safety education, and services to military families in Vermont and the Upper Valley of NY.

Program Director

Vermont Agriculture Development Program (VADP)

The Vermont Sustainable Jobs Fund seeks a full-time program director for this newly created position. VADP's purpose is to provide highly specialized technical assistance to growth-stage, value-added agricultural enterprises and enterprises in Vermont, especially those that require risk capital in order to take advantage of new market opportunities.

Responsibilities include identifying and working with eligible agricultural entrepreneurs, assessing with technical assistance needs, helping to develop financing packages, and coordinating services with others in the agricultural business assistance, financial and other topic community. The position requires comfort with all aspects of farming and food production, proven expertise in assessing financing packages, and statewide travel.



See www.vsjf.org/resources/whats_new for full job description, qualifications and application instructions.

Proposal/RFP Writer

Colchester, VT

Marathon Health is a different kind of health care company. We provide healthcare at the workplace where we envision a brighter future for our healthy lives. As a result, we help employers enhance the health care costs. It is a simple equation that yields powerful results. The Proposal/RFP Writer will work with the Marketing Director to promote the growth of Marathon Health.

Key Responsibilities:

- Write and edit RFPs
- Extract information needs requirements of the RFP request
- Complete, package and ensure delivery of the RFP within the required timeframe
- Maintain the Best RFP library and all completed proposals and presentations
- Develop all marketing materials to promote the company and products
- Assist in creation of presentation materials, event support materials, research papers and brochures
- Review documents for accuracy, readability, clarity and appropriateness
- Develop case studies of customers and individual success stories
- Develop web content including articles, written material and social media links
- Write key proposals and meet deadlines while working on multiple projects
- Assist in special projects as required by the Marketing Director

Qualifications:

- Bachelor's degree in English, marketing, business communication or Journalism
- Writing experience in a professional environment
- Strong writing and proof-reading skills
- Organized, motivated, verbal and written communication skills
- Extensive strong interpersonal and project management skills
- Strong attention to detail and follow up skills
- Persuasive writing style that generates interest
- Ability to translate complicated ideas into content easily understood by clients
- Knowledge of health care field is a plus
- Proficiency in Microsoft Office Suite and/or other RFP software

How to Apply:

Send cover letter and resume to:
delaney@marathon.health.com

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available, working in a high-
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ages 6 weeks through 3 years.



Education and experience preferred,
but willing to train the
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csc

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experience in a
childcare setting.
Must be a team player
have a CDA and enjoy
working with young
children.

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Church Music Director

North Farnsworth United
Methodist Church is seeking
a qualified Music Director to
prepare to fulfill duties for our
weekly worship services.

Position requires selecting
music, planning services with
our pastoral staff directing an
ambanance, amateur chorus.

Compensation, discussion with
church members.

Contact: Rev. Dr. Gary A.
802-435-7194 for more
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managerial experience in a manufacturing
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inventory control area. This position
will have responsibility for planning all of the
company's product lines, with
special emphasis on improving the production planning inventory control of our
Darn Tough Vermont line. It is a growth opportunity for the right person. Reporting to the
plant manager it requires an experienced, well-exposed, analytical, hands-on
individual who is not afraid to make decisions and work with a diverse manufacturing
team in a very fast-paced setting. This individual will be a key team member in
selecting and implementing an Enterprise Resource Planning system scheduled for
later this year. Knowledge of well-functioning ERP/MRP systems is required with
prior experience in system implementation a definite plus. Active membership in
APICS and their training programs will be given added consideration.

Salary will be commensurate with related managerial manufacturing experience.
Competitive benefits package.

Please send resume to:
Richard Conry, Human Resource Manager
Robert Husley Mills, Inc.
PO Box 307, Northfield, VT 05663-0307
if you may email to rhconry@roberthusleymills.com.

CAPUT NOSTRUM MILLS IS AN EQUAL OPPORTUNITY EMPLOYER



Program Manager for Operations DEVELOPMENTAL SERVICES DIVISION

This senior-level position will manage and coordinate support the day-
to-day administrative activities of our many Developmental Services
programs and staff while assisting the Director in the leadership of the
division.

The right individual will possess excellent organizational and
interpersonal skills in order to manage the diverse tasks associated
with this role must be comfortable making hard decisions and
sometimes delivering difficult messages. This position will engage in
active problem-solving and collaboration with agency teams, staff and other
agency divisions along with secure cabinet-level issues that exceptional
cost and within cost constraints is necessary.

Since this role you will face whether the human services system include
in our delivery and funding is essential by allocate shared budgets.
Therefore a heavy emphasis on reducing the financial in working
numbers and coupling high-quality care with fiscal responsibility is
essential.

Proven leadership in quality outcomes risk management and
Program outcomes will be an important aspect of this position. Hence
some familiarity of the developmental services system is important.

Master a degree is appropriate discipline preferred.

NCSS Inc., 107 Fisher Pond Rd., St. Albans, VT 05478
[hr@ncssinc.org](http://ncssinc.org)

New, local,
scam-free
jobs posted
every day!

sevendaysvt.com/classifieds

Director of Product Management and IT

About Agence Health Solutions

Agence is an early stage health care company focusing on services to help improve patient adherence to prescribed treatment regimens. Based in VT, the company is seeking a strong director of product management and IT to join a growing team dedicated to improving health care delivery through programs and technologies that provide patient support services. This is a ground floor opportunity for a talented software product professional to help an innovative company achieve its potential.

Position: The director of product management and IT is a functional leadership position with responsibility for all product related activities including the company's product roadmap, product life cycle development, resources, product quality/support and customer feedback program. Collaborating with Agence's clinical experts and customers, the Director will see the product and device through to the company.

See Seven Days classified online for our complete job description and professional requirements.

Please submit your resume and statement of interest to:

Robert Equire, President, Agence Health Solutions.
rob.equire@agence.com

Executive Director

Common Cause Vermont

seeks leader for our advocacy work. Position starts part time and grows to full time. Job description at www.CommonCause.org/vt.

Apply to: hr@commoncause.org.



Working for all persons, including Directors

Leaps & Bounds

looking for motivated, flexible team players to join our growing

childcare team

in Essex, Williston, Milton and soon to be South Burlington locations. Must have experience, education and a sense of humor! Pay based on education and experience.

Contact Kristin at 802-879-2021 or kristin@leapsandbounds.org



Vermont
Family
Network

Family Support Consultant

AUTISM SPECTRUM
DISORDERS SPECIALIST

30 hours/week, Williston

Provide family centered information, referrals, and assistance to families, individuals, and professionals on topics regarding special education, health care, finance, and resources related but not limited to Autism Spectrum Disorders. Experience providing a child with a disability required.

Email resume and cover letter to HR@VFN.org or send to: HR, Vermont Family Network, One Blair Park Rd., Suite 200, Williston, VT 05495.



Are you a triple threat?

WCAX-TV is looking for an energetic, part-time

WRITER/VIDEOGRAPHER/EDITOR

with a marketing imagination to stand out in our award-winning creative services department. You should be proficient in all operating HD video cameras, experienced with nonlinear editing software and have a working knowledge of HD video workflows.

Experience with Final Cut Pro, Soundtrack Pro, iMovie, Photoshop, Premiere, Shake, Compressor and After Effects are a plus.

Qualified team players should submit resumes and demos to jobs@wcax.com or Creative Services, WCAX-TV, PO Box 4368, Burlington, VT, 05406.

Absolutely no phone calls.



NORWICH
UNIVERSITY

ASSISTANT DIRECTOR OF CLASS RELATIONS AND YOUNG ALUMNI

Work with the Director of Class Relations to manage class activities and reunion giving program. Responsibilities include developing student relations, participating in student events and working with the Student Alumni Association.

Responsibilities include student events and photography, planning, engaging and fundraising for the 1st through 100+ year classes and attendance in social networking sites to include information posting, content management, digital communication and response and prospect discovery through business networking sites.

Responsibilities include student events and photography, planning, engaging and fundraising for the 1st through 100+ year classes and attendance in social networking sites to include information posting, content management, digital communication and response and prospect discovery through business networking sites.

To apply: Send cover letter, resume and Norwich application to Class Relations Search via email to jobs@norwich.edu

Application review begins immediately.

Norwich University is an Equal Opportunity Employer offering a comprehensive benefit package that includes medical, dental, group life and long-term disability insurance, flexible spending accounts for health and dependent care, retirement savings plan and tuition scholarships for eligible employees and their family members.

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Graphic Designer

Green Mountain Beverage, located in Middlebury VT is the leading hard cider producer in the United States, which makes the cider in a number one selling state - Woodchuck Hard Cider. We are growing rapidly and looking for an organized, motivated person to join our company. The opening is for an on-call graphic designer to work as part of our marketing team.

Candidate must be a top-notch self-motivated graphic designer, computer savvy on PC & have a creative eye with great attention to detail, and hold the ability to work independently and as part of a team. The ideal candidate would have a good understanding for all graphic design, and a specialist in graphic design for print.

Primary Responsibilities:

Print Graphics

- Product Packaging (help design, maintain, and work closely with printers)
- Work with quality control and in person to ensure all packaging meets standards
- Product and services marketing and sales graphics such as point of sale, all events posters, and other promotional pieces

Web Graphics

- Assist with graphics for all web sites and social media platforms

Qualifications

- College degree in graphic design, related field or equivalent education
- Prior experience of at least 3 years in graphic design
- Advanced skills in Adobe Creative Suite on PC and related programs and have Microsoft office skills
- Creative skill
- Ability to work as part of a fast paced team while staying organized and meeting deadlines

This position is full-time Monday through Friday but will require some weekend and holiday night and weekend hours

Green Mountain Beverage offers competitive wages and an outstanding benefit package including medical, dental, and a 401(k) plan for all full-time employees

Please email your resume to the attention of Rachel Rhoades, Green Mountain Beverage, 150 Food Lanes Middlebury VT 05753 or email resume to jobs@gmbbeverage.com

Learn more at www.greenmountain.com

Stock Clerk

A family owned, growing family business is looking for a full-time stock clerk to work at our Williston Rd. location.

Defensible meeting product, stocking retail floor, picking and packing orders, inventory control, maintaining close workspace.

Exhibits and public relations experience a plus.

Must be organized, team player, a good communication detail oriented and be skilled with repetitive heavy lifting.

Competitive pay and benefits.
Stop by Mc Food Warehouse, 2500 Williston Rd., So. Burlington, to fill out an application.



Breakfast Cook

Good pay. Work 5 a.m. to noon. Good benefits.

Apply in person.
Ask for Nick.



10997 Rte. 116 - Hardsburg

Deputy Director

INVEST
EAP

Promote healthy workplaces in Vermont!

Innovative statewide Employee Assistance Program seeks confident Deputy Director to oversee and participate in all aspects of an EAP including marketing, account services, clinical coordination and supervision. High-level management position with considerable responsibility. Excellent clinical and business leadership experience required, including familiarity with program budgets. Master's degree and mental health license important. Based in Vermont.

Resume by February 11 to vvtelcncs@gmail.com.

"Unilever works to create a better future every day. We help people feel good, look good and get more out of life with brands and services that are good for them and good for others."

MAINTENANCE SUPERVISOR/ AMMONIA REFRIGERATION

We are currently seeking a maintenance supervisor/ammonia refrigeration to work at our St Albans location

Qualified candidates must possess the following:

- BS in engineering (mechanical/chemical engineering preferred)
- at least three years of ammonia background
- at least three years supervisory experience or AIG in an engineering/maintenance field and seven years' supervisory experience
- at least five years ammonia refrigeration experience
- excellent troubleshooting ability
- knowledge of regulatory codes sufficient to ensure compliance with industry and company standards
- excellent Microsoft Office (Word, Excel, PowerPoint) skills

Employment is subject to verification of pre-employment drug screening results and background investigation

To apply, log on to www.unilevercareers.com or call 888-776-6388 and reference Req. #29066.

UNILEVER IS AN EEO/AA EMPLOYER



Northeastern Family Institute

Providing foster care, child abuse and neglect services to Vermont's Children and Families

Therapist

NFI's Community Based Services is looking for a skilled therapist to join our team as a Program Clinician. This person will provide individual, family and group therapy as well as work closely with program leadership in providing wraparound services. This is an excellent opportunity for a licensed masters-level clinician to join our dynamic team in providing excellent, creative and innovative treatment.

This full-time/benefited position requires Vermont licensure.

Please send your resume to kathycorbell@nfi.vt.com or NFI, 38 Airport Road, South Burlington, VT 05483.

EEOE

WWW.NFI.COM

The Vermont Food

Warehouse Center

in Hardwick, VT seeks candidates for two full-time positions:

Executive Director oversees fundraising, marketing/public relations, program development and financial management

Operations Manager oversees food processing and storage areas, client training in food processing, and equipment operation and maintenance



For complete information and application requirements visit www.vtfoodwarehousecenter.org



**Faux Wine
Sales Position**

Provide Distributing in
making a Faux Wine
Salesperson. Individuals
must possess strong sales
skills and excellent verbal
and communication skills.
Please send resume to
Joan@FauxWine.com

Communications Writer

ECOVVT seeks a strong writer to join our communications team. Responsibilities include developing and producing a wide array of publications and other media. These include documents, web content and communications pieces for employees, as well as brochures, member contact documents, advertisements and web content produced for distribution outside the company. Additional responsibilities include scheduling and staffing various promotional events hosted by the plant. Ability to travel and work some evenings and weekends required. If you enjoy writing, can write quickly and in a variety of styles, and also have an outgoing personality, we'd like to talk to you!

Consider joining BLUE CROSS BLUE SHIELD OF VERMONT. We are Vermont's largest health insurer, and offer competitive salaries, a complete benefits package, and a challenging working environment with opportunity for advancement. Visit our website to learn more about us and apply online: www.bcbst.com

 **BlueCross BlueShield
of Vermont**

**Do you see teaching
in your future?**



These career-changers did
and pursued their passion through
the CCSU TAP Program!

If you enjoy working with young people, have strong content knowledge, and a Bachelor's degree, check out the 18-month Vermont teacher licensure program. Admission for Fall 2011 is now open!

Information Session
January 27, 2011*
6:00 - 7:00 PM
The Essex High School Library
(New Bedford, VT 0575)

TAP
Vermont Teacher Apprenticeship Program

www.ccsu.org (TAP) or contact Scott Mosher
at 802-234-7637 / smosher@ccsu.org

BERTEK
SYSTEMS, INC.

INSIDE SALES REPRESENTATIVE

Bertek Systems an established Vermont printing company, is looking for an experienced Inside Sales Representative. Primary function will be to generate sales from qualified and targeted prospects and customers. Qualified candidates must possess excellent selling, customer service and communication skills. We are looking for a candidate who is self-motivated, is a positive salesperson and has the ability to multitask and be well-versed in Microsoft Office. Previous sales experience in the printing industry is desired. The position is part-time and compensation includes an hourly wage, monthly commission, plus a comprehensive benefit package.

Interested applicants may send resume to **Bertek Systems, General Industrial Park, 120 Rye Road, Burlington, VT 05404**
Attn: Human Resources

or email to alexander@berteksystems.com

**G.W. SAVAGE
CORP.**

**Seasonal Sales/
Marketing Professional**

for successful local company. Motivated, professional team player. Two positions available for So. Burlington and Rutland areas. Great pay -- clean drivers record. Possible advancement to full time.

G.W. Savage Corp.
Jo. Gregory Dr.
So. Burlington, VT 05403
gregsavage@gregsavage.com



recruiting?

CONTACT MICHELLE:
865-1020 x21
michelle@seven-days.com

SEVEN DAYS

Howard Center

CHILD, YOUTH AND FAMILY SERVICES

ADMINISTRATIVE ASSISTANT

Seeking a self-motivated individual to provide administrative support for CYFS' outpatient program (60%) and Service Area Admissions (40%). This is a full time 37.5 hours per week, benefits eligible position. The candidate should possess excellent computer skills including Word, Excel, PowerPoint and Outlook. Education: High school diploma required, bachelor's degree preferred. Work experience: Minimum two years' experience in the workplace or a combination of education and experience from which comparable knowledge could be acquired. Start times can be negotiated, but one day per week must and at 8:00 pm, no candidate will cover the receptional position for 2.5 hours on the same per week.

CHILDREN'S CRISIS CLINICIAN - FIRST CALL

First Call for Children and Families is looking for a Crisis Clinician per our team. Candidate will have mental health experience, preferably crisis experience, good interpersonal/communication skills, organizational skills, clinical assessment skills and diagnostic and documentation skills. Must be available Wed.-Sat., two consecutive overnight shifts and Fri. Sat. night. Master's in a mental health discipline required.

Visit www.howardcenter.org for more details and complete job information or contact the position coordinator at hr@howardcenter.org or by phone at 802-234-7637. Howard Center is an equal opportunity employer. We are an affirmative action employer and are committed to providing a safe and healthy work environment for all employees.

President/CEO

The Humane Society of Chittenden County (HSCC) is seeking a dynamic leader with a background of successful community collaboration, strategic organizational management and fundraising and a person and respected for animals. This position requires the ability to communicate effectively and build relationships with staff, volunteers, donors, community members and other agencies. Responsibilities include oversight of the budget, personnel and general operations.

Please visit our website www.chittendenhumane.org, to review the position profile and for application information.

All applications will be treated confidentially.

HSCC is an equal opportunity employer providing equal access and equal consideration to all applicants regardless of race, ethnicity, gender, age, sexual orientation, religion, or disability.



www.chittendenhumane.org



April Cornell Accounting Controller

Full time, Burlington, VT

The April Cornell Companies are seeking a talented manager to oversee the accounting department for their U.S. and Canadian companies. The ideal candidate must be hands on, skilled in all accounting principles and functions, organized, possess management skills and be capable of multitasking and working in a busy office environment. Must be skilled with spreadsheets and the Microsoft Office Suite. Experience with Canadian taxation and accounting regulations a strong plus. Salary D.D. Send resume to jacobson@aprilcornellbookings.com, full job description at www.aprilcornell.com/category/jobs.



Northeastern Family Institute

Providing Innovative Mental Health and Educational Services to Minnesota's Children and Families

Community Skills Workers Needed Full Time and Part Time

NFI Vermont is seeking new members to join our talented team of mental health professionals in the Diagnostic Assessment Program and the Community Based Services Program. The ideal candidate will be skilled communicators have a desire to help others and families, and have the ability to provide support, be empathetic and provide practical skills. Responsibilities include doing case work, group activities with children and adolescents with severe emotional and behavioral challenges both in the community and their homes. Candidates must be able to communicate effectively and work flexible hours and have a valid driver's license and reliable transportation. Training and supervision will be provided. Bachelor's degree is required.

Please submit your resume to Sarah.Schnapp@nfi.org, 30 Airport Road, So. Burlington, VT 05403, or email Sarah.Schnapp@nfi.org.

WWW.NFI.ORG

Karner's Moving and Storage is seeking experienced and professional.

DRIVERS/ MOVERS

Valid driver's license required. CD preferred but not required. CDH is based out of Williston, positions available statewide.

Contact us at 800-451-9990 or email to info@karnermoving.com.

Regional Planner

The Northwest Regional Planning Commission has an exciting opportunity for an individual with three to five years of experience in community development and local and regional planning. The Regional Planner will help to build stronger communities in Franklin and Grand Isle counties by implementing projects and programs of NRPC. This includes natural resources, energy, land-use and transportation planning, grant writing, and administration and project management. The successful candidate must have experience in regional or local planning, community development, and writing and managing grants. Special skills in watershed planning, energy programs or broadband coordination are a plus. Solid written and verbal communication skills and a degree in planning or related field are required.

Starting salary high \$30s to low \$40s dependent upon experience, excellent benefits package. Send resume and three references to:

Catherine Dismick, Executive Director
Northwest Regional Planning Commission
155 Lake Street, St. Albans, VT 05478
or email
C.Dismick@nrpcvt.com.

Position open until filled. EOE



AllEarth RENEWABLES

Field & Shop Technician

AllEarthRenewables is looking for a technically adept, engineering oriented self-motivated individual to become part of our Field & Shop Team. This position involves all aspects of field work including site preparation, Solar System/Wind turbine installation, energy load analysis and any follow-up work necessary. When not busy in the field, this position will work on our manufacturing shop to help assemble Turbines/Turbines. We are looking for a highly motivated individual with a history of education who can work collaboratively to solve problems on the spot and also a proactive about growing and promoting renewable energy. A significant amount of outdoor work and local travel will be required. They also work with others in both sales/marketing/ installers as we grow and expand our market.

Job Requirements: 3-5 years design and at least three years' experience with the workplace experience using power tools and a strong ability to work flexible hours and sometimes when needed. Ability to be a great problem solver in a customer service and people skills, strong strategic communication skills, basic computer skills, strong eye hand coordination, ability to drive vehicles, ability to learn from physical demanding activities, such as climbing ladders, bending, standing, lifting etc., valid motor vehicle license, driver safety record.

Please submit a cover letter along with our job application (based on our website: www.AllEarthRenewables.com) to info@AllEarthRenewables.com. This position will remain open until filled.

Project Accountant

The Institute for Sustainable Communities (ISC) is seeking a Project Accountant. The Project Accountant is the primary point of contact at ISC in Burlington, VT, headquarters providing financial support for both domestic and international locations. Must have strong understanding of GAAP and the ability to assist and support others in its application. Knowledge of QuickBooks and/or other accounting software packages, attention to detail, accuracy, and the ability to communicate effectively among culturally diverse candidates required.

See www.iscvt.org/web_www.asp/jobs/ for full description and application instructions.



INSTITUTE for Sustainable Communities

ISC is an Equal Opportunity Employer

**Systems Analyst/Programmer (EDI)**

We are seeking a key player to join our Information Systems team. The ideal candidate will have several years' experience in EDI or integrating Customer/Finance into third party databases and other back-end systems. Experience in warehouse management system shipping systems or Customs House Brokerage a plus. Technical skills in Microsoft SQL required, and other experience with .NET or Java programming languages would be ideal. Because we require knowledge in project management and excellent organizational and interpersonal communication skills, AS or BS degree in computer related field or equivalent combination of education and experience required.

We offer a competitive salary and comprehensive benefits.

For more information and to apply go to www.deringer.com.



in South Burlington
is seeking an

**INSIDE/OUTSIDE
SALES
COORDINATOR.**

Provide sales experience in a plus. Candidate must have a vehicle.

Interested candidates please send resume to: michelle@sevendaysvt.com.

Deli Service Coordinator

City Market is hiring a full-time deli service coordinator who could act as customer service to join our prepared foods team. This position is responsible for conducting an organized and smoothly run deli service department. Duties will include overseeing preparation, providing instruction, support and supervision of deli staff members, providing outstanding service to our customers, facilitating the lunch schedule, and maintaining optimum stock levels throughout the department. Qualified applicants will have two years' supervisory experience in a similar environment, excellent and proven customer service and team work skills, and the ability to frequently lift 50-80 lbs.

Please visit our website, www.citymarket.coop, to apply and to view other website postings.



City Market - HR
12 S. Willard Ave.
Rush, VT 05481
www.citymarket.coop

Immediate jobs available for short and long term temporary and temporary to hire in Chittenden County as follows:

- Administrative Assistants proficient with Word/Excel/PowerPoint
- Customer Service Reps needed for in-bound call center environment
- Production Workers - mechanical background, also home assembly (MC experience preferred)

Candidates must be at least 18 years of age, show proof of eligibility to work in the US and pass a background check. Kelly Services is an equal opportunity employer. Please see no fees to candidates. For consideration send your resume to: kellyad@kellyservices.com

**KELLY
SERVICES****Goddard College****OUTREACH ASSISTANT**

Goddard College has a position opening for an Outreach Assistant to assist with grants and research activities, and assist in support the Associate Director of Media and Outreach and the Dean of Institutional Advancement and to track and document marketing successes of the college.

Qualifications: A bachelor's degree in research, plus one year of relevant administrative experience in a higher education setting, or a combination of education and experience from which comparable knowledge and skills have been acquired; a broad base of computer skills including MS Office, database (e.g. Access) in library and social networking tools; event planning skills; excellent organization, presentation and administrative skills; excellent verbal and written communication skills and a desire to work with and the ability to communicate effectively with colleagues of diverse backgrounds.

This full-time position is eligible for our generous benefits package.

Application Instructions: Please cover letters, resume and three employment references (name, address, phone, e-mail) to: employment@goddard.edu.

Application due date: February 3, 2011.

No calls, please.

Goddard College is committed to creating a college representative of a diverse global community and is a site of ongoing change. To that end, we are actively seeking applications for this position from qualified candidates from groups currently underrepresented in our institutions.

It would be better to be an
**Experienced
Electrician.**
Full time
Burlington, VT
Call 802-862-0774

French is a plus
Social Worker
for full-time case management
and outreach position

Master's degree
and supervisory experience
required. Resumes
Holliston Springs.

Qualifications
and employment history
must be submitted by
February 15, 2011.

**Centerpoint
Adolescent
Treatment
Services****School Social Worker****Ready to Join our Team?**

Centerpoint School is seeking a **School Social Worker** to facilitate treatment groups, provide individualized support and counseling, be a primary link between families and school coordinate services, and support milieu-based treatment in our alternative education & day treatment setting serving students with a variety of mental health and special education needs.

Our Social Workers possess an MSW/MHA/MS have dynamic skill with high needs teens, are excellent team collaborators, and are committed to clinical innovation.

Centerpoint offers a variety of employment opportunities for creative staff with a range of educational and clinical talents. Our positions include competitive salary, a comprehensive benefits package, a dedicated staff team, ongoing professional development, and creative work with great teens and families.

If you should be a part of our team, please send a letter highlighting your skills and talents along with your resume to:

humanresources@centerpointaervices.org

• Providing the national, health, substance abuse, and special education needs of Vermont teens and their families

Clinical Social Worker Full-Time Position

Apex Health Solutions, based in Burlington, VT, provides patient support programs to improve adherence to a variety of physician prescribed health care treatments. We are looking for a dynamic social worker with clinical patient experience to join our team in Burlington.

Responsibilities include providing telephone based patient support, utilizing mail-based delivery and working closely with patients who have difficulty adhering to medication and/or treatment instructions.

The position requires the ability to handle a flexible work schedule and may include some late afternoon and early evening hours, as well as occasional Saturday appointments.

Apex Health Solutions offers a friendly work environment, exceptional compensation and employee benefits.

Qualifications: Degree in social work (MSW or LCSW preferred). Successful candidate will have at least two years' experience, be computer proficient, be able to work independently and possess great interpersonal skills. Background in customer service/retail is a plus, fluency in Spanish is highly desirable.

Please send your resume and cover letter to:

Anna Thompson
Director of Operations
Apex Health Solutions
anna.thompson@apexhs.com
For 802-882-1766

Personal Care Assistants (PCAs)

PACEVT is now looking for several part time PCAs to add to their Home Care Staff. Proper training, ongoing education, valuable transportation, and ability to successfully complete a PACEVT PCA training course as well as workbooks must be met. Candidates must have one year of experience working with the elderly (65+).

There is also an incentive to meet the month over PCA work, family or personal obligations.

Please email resume to CPare@pacevt.com or 802-655-4772



Chief Operating Officer Needed



Chief Operating Officer/Director of Patient Care Services

Northwestern Medical Center, located in St. Albans, Vermont is seeking a strong leader to fulfill the role of COO/Director of Patient Care Services to join our team of caring, highly respected professionals.

The COO/Director of Patient Care Services is a member of the senior leadership team, reporting directly to the CEO, and will serve as the chief managing officer. This individual will be responsible for driving clinical integration, ensuring the highest level of customer service, and overseeing and managing the operations of the Nursing and Clinical Departments. The COO plays a key role in positioning the organization for national designation for clinical excellence.

Successful candidates will have strong business acumen with experience in the development of service lines, shared governance as well as hospital operations. Qualified applicants will demonstrate a collaborative leadership style to serve as a role model in exemplifying the mission and vision and organizational values of Northwestern Medical Center. To qualify you must have a BSN, MSN is preferred. An MBA or MHA with at least 5 years' experience leading hospital clinical operations is required.

Job Code: 11-09

Apply to:

Northwestern Medical Center, Inc., HR Department
133 Fairfield St., St. Albans, VT 05478
For 802-524-8424 or email NMCJHR@nmcvt.com
www.CareersatNMC.org

NMC is an Equal Opportunity Employer that promotes equality in hiring and employment. All race, ethnicity, gender, age, sexual orientation, and disability are protected.

Project Architect

Build and Build for Future - You and Us

BreadLoaf Corporation, Vermont's oldest and largest architectural, planning, and outdoor design firm is a Project Architect to highly successful and diversified design team. We are looking for individuals with strong design portfolio, the ability to lead or help lead technical projects. The ideal people who enjoy working in a team environment and are interested in the design build process.

The right candidate will have flexibility to meet with clients to review and determine project requirements, develop project design alternatives, and collaborate with house designers and Project Managers in developing and coordinate. The person will draft, prepare and review construction contracts, acquire necessary permits and approvals, and develop design when project budget and schedule.

Architecture firm plans of expansion along commercial, educational and residential work required. This position must understand the design process from conceptual to complete including sustainability, aesthetics and budgets. State license or NCARB registration required.

BreadLoaf is eager to see how your qualifications and vision drive us to innovative ideas and successful work. If you do, send cover letter with your resume to:

BreadLoaf Corporation
1290 Route 7 South
Middlebury, VT 05753
Fax (802) 368-3815
E-mail: resumes@breadloaf.com



Visit our website at www.breadloaf.com for a full company description.

Excellent Employment Opportunities

The Lodge at Shelburne Bay and The Lodge at Otter Creek are premier adult living communities located in Vermont. We are now hiring for a variety of positions at all levels. Both communities are owned and operated by Bullrock Corporation, an equal opportunity employer. We offer a range of benefits, opportunity for advancement and full and part time positions. Join our team today. Current positions available now.

**Part Time LPN & RN positions available.
Full & Part Time Care Staff positions available
evenings, days and nights.**



Please send resumes to:
Bobb Cleveland, rcleveland@lodgeatottercreek.com
The Lodge at Shelburne Bay
185 Pass Ho on Shore Road, Shelburne, VT 05482 • 802-485-4847
www.shelburnebay.com • www.lodgeatottercreek.com



**American
Red Cross**

THE RED CROSS OF VERMONT AND THE NH VALLEY

Development Officer

The Red Cross of Vermont and the NH Valley is seeking a dynamic person to be part of the Red Cross team. The successful candidate will lead a region wide development effort in Vermont and part of New Hampshire and be responsible for direct mail solicitation, leadership gift growth and maintenance. United Way development and recruitment, and the leadership of region wide area Advisory Boards supporting Red Cross a mission. The position will report to the CEO in Burlington.

QUALIFICATIONS:

- Candidates must be experienced in a variety of successful efforts growing and maintaining the development of direct mail campaigns, major gift acquisition, region wide fund raising volunteer recruitment and leadership community relations and coordination and leadership of special events
- Candidates should be able to demonstrate strong oral and written communication skills, along with the ability to be well organized. Experience in management, organization, and manipulation of fundraising software and desktop publishing is mandatory.

The Red Cross of Vermont and the NH Valley offers a competitive salary and benefit package. Salary will be negotiated on the basis of successful based experience in the development field.

TO APPLY: Please submit a cover letter resume and an example of a successful appeal written to
Steve Hubert at hubert@vtrcdcross.org
by Friday, February 4, 2011

The American Red Cross is an equal opportunity employer with the mission to provide disaster services, health and safety education, and services to military families in Vermont and the Upper Valley of NY.

Program Director

Vermont Agriculture Development Program (VADP)

The Vermont Sustainable Jobs Fund seeks a full-time program director for this newly created position. VADP's purpose is to provide highly specialized technical assistance to growth-stage, value-added agricultural enterprises and enterprises in Vermont, especially those that require risk capital in order to take advantage of new market opportunities.

Responsibilities include identifying and working with eligible agricultural entrepreneurs, assessing with technical assistance needs, helping to develop financing packages, and coordinating services with others in the agricultural business assistance, financial and other topic community. The position requires comfort with all aspects of farming and food production, proven expertise in assessing financing packages, and statewide travel.



See www.vsjf.org/resources/whats_new for full job description, qualifications and application instructions.

Proposal/RFP Writer

Colchester, VT

Marathon Health is a different kind of health care company. We provide healthcare at the workplace where we envision it to happen: people to live healthier lives. As a result, we help employers stabilize the health care costs. It is a simple equation that yields powerful results. The Program/RFP Writer will work with the Marketing Director to promote the growth of Marathon Health.

Key Responsibilities:

- Write and edit RFPs
- Extract information needs requirements of the RFP request
- Complete, package and ensure delivery of the RFP within the required timeframe
- Maintain the Best RFP library and all completed proposals and presentations
- Develop all marketing materials to promote the company and products
- Assist in creation of presentation materials, event support materials, research papers and brochures
- Review documents for accuracy, readability, clarity and appropriateness
- Develop case studies of customers and individual success stories
- Develop web content including articles, written material and social media links
- Write key proposals and meet deadlines while working on multiple projects
- Assist in special projects as required by the Marketing Director

Qualifications:

- Bachelor's degree in English, marketing, business communication or Journalism
- Writing experience in a professional environment
- Strong writing and proof-reading skills
- Proven interpersonal, verbal and written communication skills
- Extensive strong spreadsheet and project management skills
- Strong attention to detail and follow up skills
- Persuasive writing style that generates interest
- Ability to translate complicated ideas into content easily understood by clients
- Knowledge of health care field is a plus
- Proficiency in Microsoft Office Suite and/or other RFP software

How to Apply:

Send cover letter and resume to:
delaney@marathon.health.com

Marathon
For life.



EARLY CHILDHOOD POSITION

available, working in a high-
quality facility with children
ages 6 weeks through 3 years.



Education and experience preferred,
but willing to train the
right person.

For more information
please call Cynthia at The PlayCare
Center of Rutland,
802-434-3893.
csl

Head Teacher

Looking for an
energetic person with
early education
experience in a
children's setting.
Must be a team player
have a CDA and enjoy
working with young
children.

Call 802-872-2772
and ask for
Stacey or Maureen.

Church Music Director

North Farnsworth United
Methodist Church is seeking
a qualified Music Director to
prepare to fulfill duties for our
weekly worship services.

Position requires selecting
music, planning services with
our pastoral staff directing an
ambanance, amateur chorus.

Compensation, discussion with
church members.

Contact: Rev. Dr. Gary A.
802-435-7199 for more
detailed position information.

Production and Inventory Control Manager



Colt Harley Mills Inc., a leader of the Darn
Tough brand, a premier manufacturer of
men's and women's socks, seeks a manager
with 10 to 15 years proven leadership and
managerial experience in a manufacturing
environment in the footwear planning
and inventory control manager. This position
will have responsibility for planning all of the
company's product lines, with
special emphasis on preparing the production planning inventory control of all
Darn Tough Vermont Inc. is a growth opportunity for the right person. Reporting to the
plant manager it requires an experienced, well-exposed, analytical, hands-on
individual who is not afraid to make decisions and work with a diverse manufacturing
team in a very fast-paced setting. This individual will be a key team member in
selecting and implementing an Enterprise Resource Planning system scheduled for
later this year. Knowledge of well-functioning ERP/MRP systems is required with
prior experience in textile representation a definite plus. Active membership in
APICS and their training programs will be given added consideration.

Salary will be commensurate with related managerial manufacturing experience.
Competitive benefits package.

Please send resume to:
Richard Conry, Human Resource Manager
Colt Harley Mills, Inc.
PO Box 307, Northfield, VT 05663-0307
if you may email to resumes@coltharlemills.com.

CAPTIVE EMPLOYMENT IS AN EQUAL OPPORTUNITY EMPLOYER



Program Manager for Operations DEVELOPMENTAL SERVICES DIVISION

This senior level position will manage and coordinate support the day-
to-day administrative activities of our many Developmental Services
programs and staff while assisting the Director in the leadership of the
division.

The right individual will possess excellent organizational and
interpersonal skills in order to manage the diverse tasks associated
with this role must be comfortable making hard decisions and
sometimes delivering difficult messages. This position will engage in
creative problem-solving and coordinate with many teams, staff and other
agency divisions along with secure cabinet issues that exceptional
cost and within cost constraints is necessary.

Since this role you will face whether the human services system include
in our delivery and funding is essential by allocate shared budgets.
Therefore a heavy emphasis on reducing the financial in working
numbers and coupling high-quality care with fiscal responsibility is
essential.

Proven leadership in quality outcomes risk management and
Program outcomes will be an important aspect of this position. Hence
some familiarity of the developmental services system is important.

Master a degree is appropriate discipline preferred.

NCSS Inc., 107 Fisher Pond Rd., St. Albans, VT 05478
[hr@ncssinc.org](http://ncssinc.org)

New, local,
scam-free
jobs posted
every day!

sevendaysvt.com/classifieds

Director of Product Management and IT

About Agence Health Solutions

Agence is an early stage health care company focusing on services to help improve patient adherence to prescribed treatment regimens. Based in VT, the company is seeking a strong director of product management and IT to join a growing team dedicated to improving health care delivery through programs and technologies that provide patient support services. This is a ground floor opportunity for a talented software product professional to help an innovative company achieve its potential.

Position: The director of product management and IT is a functional leadership position with responsibility for all product related activities including the company's product road map, product life cycle development, resources, product quality/support and customer feedback program. Collaborating with Agence's clinical experts and customers, the Director will see the product and device to the company.

See Seven Days classified online for our complete job description and professional requirements.

Please submit your resume and statement of interest to:

Robert Equire, President, Agence Health Solutions.
rob.equire@agence.com

Executive Director

Common Cause Vermont
 seeks leader for our advocacy work. Position starts part time and grows to full time. Job description at www.CommonCause.org/td.

Apply to: hr@commoncause.org.



Blowing for all positions, including Directors

Leaps & Bounds

looking for motivated, flexible team players to join our growing

childcare team

in Essex, Williston, Milton and soon to be South Burlington locations. Must have experience, education and a sense of humor! Pay based on education and experience.

Contact Kristin at 802-879-2021 or kristinalabrown@yahoo.com.



Vermont
Family
Network

Family Support Consultant

AUTISM SPECTRUM
DISORDERS SPECIALIST

30 hours/week, Williston

Provide family centered information, referrals, and assistance to families, individuals, and professionals on topics regarding special education, health care, finance, and resources related but not limited to Autism Spectrum Disorders. Experience providing a child with a disability required.

Email resume and cover letter to HR@VFN.org or send to: HR, Vermont Family Network, One Blair Park Rd., Suite 200, Williston, VT 05495.



Are you a triple threat?

WCAX-TV is looking for an energetic, part-time

WRITER/VIDEOGRAPHER/EDITOR

with a winning imagination to stand out in our award-winning creative services department. You should be proficient at operating HD video cameras, experienced with nonlinear editing software and have a working knowledge of HD video workflows.

Experience with Final Cut Pro, Soundtrack Pro, iMovie, Photoshop, Premiere, Shake, Compressor and After Effects are a plus.

Qualified team players should submit resumes and demo to: jobs@wcax.com or Creative Services, WCAX-TV, PO Box 4368, Burlington, VT, 05406.

Absolutely no phone calls.



NORWICH
UNIVERSITY

ASSISTANT DIRECTOR OF CLASS RELATIONS AND YOUNG ALUMNI

Work with the Director of Class Relations to manage class activities and reunion giving program. Responsibilities include developing student relations, participating in student events and working with the Student Affairs Association.

Responsibilities include student events and photography planning, engaging and fundraising for the 1st through 100+ year classes and attendance in social networking sites to include information posting, content management, digital conversation and response and prospect discovery through business networking sites.

Responsibilities include student events and photography planning, engaging and fundraising for the 1st through 100+ year classes and attendance in social networking sites to include information posting, content management, digital conversation and response and prospect discovery through business networking sites.

To apply: Send cover letter, resume and Norwich application to Class Relations Search via email to jobs@norwich.edu

Application review begins immediately.

Norwich University is an Equal Opportunity Employer offering a comprehensive benefit package that includes medical, dental, group life and long term disability insurance, flexible spending accounts for health and dependent care, retirement savings plan and tuition scholarships for eligible employees and their family members.

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twitter-ing
JOBS!



follow us for the newest:
twitter.com/SevenDaysJobs



Join the talented team at COTS...

HOUSING RESOURCE CENTER COORDINATOR

Consider joining the Innovative team at COTS and help create solutions to end homelessness!

COTS Housing Resource Center is looking for a talented leader to build and strengthen our homeless prevention initiatives.

The ideal candidate will have demonstrated success in creating strategic alliances, leveraging resources, and developing or enhancing new programs. Minimum of three years experience is required in project management, budgeting and finance and knowledge of housing issues and resources. Bachelor's degree in an appropriate discipline is also required.

The successful candidate will have an entrepreneurial spirit and a track record of professional success.

SPECIAL EVENTS AND VOLUNTEER COORDINATOR

COTS seeks an experienced development professional to manage major fundraising events, including annual COTS Walk in May and Discover Phantasia (a part of Innovative and creative development team).

Are you motivated at managing multiple projects? Duties for this job include recruiting and matching volunteer staff with COTS needs, soliciting sponsors and donors for special events, and making sure events stay on schedule and within budget.

The candidate must have strong oral and written communication skills to be able with public speaking and have successful track record in obtaining large fundraise. Two years development or relevant fundraising experience required.

Electronic applications are preferred.

Please, no phone calls. Positions will remain open until filled.

Send cover letter and resume to:
Human Resources, COTS
PO Box 1616, Burlington, VT 05402-1616
Email: jobs@cotsonline.org

EOE/TTY relay 1-800-945-3333

Spit Delivery is looking for Drivers

is a clean
driving record to drive non
CDL 26' straight trucks.
Pay ranges from \$110-
\$125 per day. Must be
able to pass drug
and background
check. Call
802-336-9948

**Licensed
Psychotherapist**
Solid available in well-
established women's practice on
Burlington waterfront. Sublet is
an option. Parking included.
Contact:
Psychology
802-661-7508

UNION ORGANIZER (NEW ORGANIZING)

United Professions AFT Vermont
is now hiring
smart, motivated individuals
who are willing to work hard for social justice.

United Professions is a democratic labor union. We use strategic campaigns and direct action to form unions, win better wages, a voice at work and demand improvements for people in hospitals, higher education, and early education. We are the fastest growing union in Vermont. Our 3,500 members are stewards and include Nurses and Professors as well as a variety of other professionals. The majority of our members and staff are women. Our offices are located in Burlington and Montpelier, VT.

Union Organizers on the New Organizing teams will help workers to develop and run campaigns to form a union of the workplace, often against significant opposition from management and corporate owners.

These staff act as project staff positions for six months with the possibility of becoming long term.

Responsibilities include: Identify and meet with health care and early childhood workers through house visits, leafleting and phone calls. Train and support workers to organize a union drive and become leaders in the workplace. Motivate workers to take action and challenge management opposition. Organize actions, rallies, contract negotiations and strikes.

QUALIFICATIONS: Demonstrated leadership skills at work, on campus or in the community. Experience as a union or community organizer preferred. Experience working in healthcare and education also a plus. Ability to work with people from diverse backgrounds and cultures. Bilingual skills in Spanish, Vietnamese or Somali/Bantu is a plus. Ability to work independently solve problems, manage time and priorities. Long and irregular hours are required. Strong listening, speaking and writing/communication skills. Automobile and valid driver's license.

COMPENSATION: Salary \$35,000-\$50,000 depending on experience. Includes full family medical insurance, pension and generous vacation benefits.

Please e-mail cover letter and resume to:
barnie@upvtrt.org

No phone inquiries

WHEN APPLYING: Be sure to indicate that you saw this information in Seven Days

Full-Time Administrative Assistant

Downtown Burlington law firm is seeking a full-time administrative assistant. Experience in legal office helpful. Responsibilities include proofing and editing of documents, production of legal filings, all general office tasks. Qualifications: Strong computer skills, excellent organizational skills, and proven excellence in proofing and editing. Competitive benefits and salary.

Interested persons please e-mail letter and resume to: kmcclennan@shemsdunkiel.com.



Current Openings

Senior, Service Developer
• VFA Managed Service Provider Business Unit

Director
of MSP Business Unit

Software Developer

Business Intelligence Analyst

Network Services II

Visit our website at www.vertek.com for information on the job openings.

Please send your resume and cover letter to: HR@vertek.com.

Not a valid resume to apply for

Series Producer

Vermont Public Television (VPT) seeks an experienced producer to research, develop, script and supervising editing of longform. Strong, an engaging, 22-60 fresh TV series exploring the work of Vermont's leading scientific investigations.

Requirements: • Three years of professional experience producing series based feature documentaries and/or magazine programs • Second second as a team leader and collaborator • Excellent on-camera writing skills • Working knowledge of professional non-linear video editing systems • Interest in science and experience working in a non-linear production environment are a plus.

Some weekend and evening hours are required.

This is a temporary contract position.

Send resume and cover letter by January 31, 2011, to:
Vermont Public Television,
Attn: HR Dept. 1,
204 Essex Ave. N.,
Colchester, VT 05446
or email to: kronenberg@vpt.org
EOE/AAE/DFW/AAE/DFW/AAE/DFW





Graphic Designer

Green Mountain Beverage, located in Middlebury, VT, is the leading hard cider producer in the United States, which includes the nation's number one selling cider - Woodchuck Hard Cider. We are growing rapidly and looking for an organized, energetic person to join our company. The opening is for an on-call graphic designer to work as part of our marketing team.

Candidates must be an engaging self-starter and graphic designer, computer savvy on PCs, have a creative eye with great attention to detail, and hold the ability to work independently and as part of a team. The ideal candidate would have a good understanding for all graphic design, and a special aptitude in graphic design for print.

Primary Responsibilities

Print Graphics

- Product Packaging: help design, maintain, and work closely with printers
- Work with quality control and printers to ensure all packaging meets standards
- Produce and maintain marketing and other graphics such as print ads, web sites, posters, and other promotional pieces

Web Graphics

- Assist with graphics for all websites and social media platforms

Qualifications

- College degree in graphic design or related field or equivalent education
- Prior experience of at least 2 years in graphic design
- Advanced skill in Adobe Creative Suite on PCs and related programs, and basic Microsoft Office skills
- Creative self-starter
- Ability to work as part of a fast-paced team, while staying organized and meeting deadlines

This position is full-time: Monday through Friday, but will require some travel and limited night and weekend hours.

Green Mountain Beverage offers competitive wages and an outstanding benefit package including medical, dental, and a 401(k) plan for all full-time employees.

Please either send your resume to the attention of Design Backlog, Green Mountain Beverage, 133 Pond Lane, Middlebury, VT 05753 or email a resume to jah@greenmountain.com

I can also be reached at www.woodchuck.com

Stock Clerk

A family owned, growing family business is looking for a full-time stock clerk to work at our Williston, VT location.

Definite immediate opening, stocking retail floor, picking and packing orders, inventory control, maintaining close warehouse.

Reliable and punctual experience a plus.

Must be organized, team player, a good communicator, detail oriented and be okay with repetitive heavy lifting.

Competitive pay and benefits. Stop by Mc Food Warehouse, 2500 Williston Rd., So. Burlington, to fill out an application.



Breakfast Cook

Good pay, Work 5 a.m. to noon, Good benefits.

Apply in person, Ask for Nick.



10997 Rte. 116 - Hardsburg



Northeastern Family Institute

Providing foster care, therapeutic and educational services to Women's Children and Families

Therapist

NFI's Community Based Services is looking for a skilled therapist to join our team as a Program Clinician. This person will provide individual, family and group therapy as well as work closely with program leadership in providing wraparound services. This is an excellent opportunity for a licensed masters-level clinician to join our dynamic team in providing excellent, creative and innovative treatment.

This full-time/benefited position requires Vermont licensure.

Please send your resume to kathycorbell@nfi.com or NFI, 38 Airport Road, South Burlington, VT 05483.

EOE

WWW.NFI.COM

The Vermont Food

Wentworth Center

in Hardwick, VT seeks candidates for two full-time positions.

Executive Director oversees fundraising, marketing/public relations, program development and financial management.

Operations Manager oversees food processing and storage areas, client training in food processing, and equipment operation and maintenance.



For complete information and application requirements visit www.vtfoodbank.org

Deputy Director

Promote healthy workplaces in Vermont!

Innovative statewide Employee Assistance Program seeks confident Deputy Director to oversee and participate in all aspects of an EAP including marketing, account services, clinical coordination and supervision. High-level management position with considerable responsibility. Excellent clinical and business leadership experience required, including familiarity with program budgets. Master's degree and mental health license important. Based in Vermont.

Resume by February 11 to viv@cnscn@gmail.com.



"Unilever works to create a better future every day. We help people feel good, look good and get more out of life with brands and services that are good for them and good for others."

MAINTENANCE SUPERVISOR/AMMONIA REFRIGERATION

We are currently seeking a maintenance supervisor/ammonia refrigeration to work at our St Albans location.

Qualified candidates must possess the following:

- BS in engineering (mechanical/chemical engineering preferred)
- at least three years of ammonia background
- at least three years supervisory experience or AIG in an engineering/maintenance field and seven years' supervisory experience
- at least five years ammonia refrigeration experience
- excellent troubleshooting ability
- knowledge of regulatory codes sufficient to ensure compliance with industry and company standards
- excellent Microsoft Office (Excel, Word, PowerPoint) skills.

Employment is subject to verification of pre-employment drug screening results and background investigation.

To apply, log on to www.unilevercareers.com or call 888-776-6388 and reference Req. #29066.

UNILEVER IS AN EEO/AA EMPLOYER



**Faux Wine
Sales Position**

Provide Distributing in
making a Fine Wine
Salesperson. Individuals
must possess strong sales
skills and excellent verbal
and communication skills.
Please send resume to
JoanneL@bertek.com

Communications Writer

ECOSVT seeks a strong writer to join our communications team. Responsibilities include developing and producing a wide array of publications and other media. These include documents, web content and communications pieces for employees, as well as brochures, member contact documents, advertisements and web content produced for distribution outside the company. Additional responsibilities include scheduling and staffing various promotional events hosted by the plan. Ability to travel and work some evenings and weekends required. If you enjoy writing, can write quickly and in a variety of styles, and also have an outgoing personality, we'd like to talk to you!

Consider joining BLUE CROSS BLUE SHIELD OF VERMONT. We are Vermont's largest health insurer, and offer competitive salaries, a complete benefits package, and a challenging working environment with opportunity for advancement. Visit our website to learn more about us and apply online: www.blsosvt.com

 **BlueCross BlueShield
of Vermont**

**Do you see teaching
in your future?**



**These career-changers did
and pursued their passion through
the CCSU TAP Program!**

If you enjoy working with young people, have strong content knowledge, and a Bachelor's degree, check out the 18-month Vermont teacher licensure program. Admission for Fall 2011 is now open!

**Information Session
January 27, 2011*
6:00 - 7:00 PM
The Essex High School Library
(Essex, VT 05732)**

TAP
Vermont Teacher Apprenticeship Program

www.ccsuvt.org (TAP) or contact Scott Mosher
at 802-234-7637 / smosher@ccsuvt.org

**BERTEK
SYSTEMS, INC.**

INSIDE SALES REPRESENTATIVE

Bertek Systems an established Vermont printing company, is looking for an experienced Inside Sales Representative. Primary function will be to generate sales from qualified and targeted prospects and customers. Qualified candidates must possess excellent selling, customer service and communication skills. We are looking for a candidate who is self-motivated, is a positive salesperson and has the ability to multitask and be well-versed in Microsoft Office. Previous sales experience in the printing industry is desired. The position is part-time and compensation includes an hourly wage, monthly commission, plus a comprehensive benefit package.

Interested applicants may send resume to **Bertek Systems, General Industrial Park, 120 Rye Road, Vergennes, VT 05558**
Attn: Human Resources

or email to alexander@berteksystems.com

**G.W. SAVAGE
CORP.**

**Seasonal Sales/
Marketing Professional**

for successful local company. Motivated professional team player. Two positions available for So. Burlington and Rutland areas. Great pay -- clean drivers record. Possible advancement to full time.

G.W. Savage Corp.
30 Gregory Dr.
So. Burlington, VT 05403
gsavage@gwsavage.com



recruiting?

CONTACT MICHELLE:
865-1020 x21
michelle@seven-days.com

SEVEN DAYS

Howard Center

CHILD, YOUTH AND FAMILY SERVICES

ADMINISTRATIVE ASSISTANT

Selecting a self-motivated individual to provide administrative support for CYFS' outpatient program (60%) and Service Area Admissions (40%). This is a full time 37.5 hours per week benefits eligible position. The candidate should possess excellent computer skills including Word, Excel, PowerPoint and Outlook. Education: High school diploma required, bachelor's degree preferred. Work experience: Minimum two years' experience in the workplace or a combination of education and experience from which comparable knowledge could be acquired. Start times can be negotiated, but one day per week must and at 08:00 am. Candidates will cover the occasional position for 2.5 hours on the same per week.

CHILDREN'S CRISIS CLINICIAN - FIRST CALL

First Call for Children and Families is looking for a Crisis Clinician per our team. Candidate will have mental health experience, preferably crisis experience, good interpersonal/communication skills, organizational skills, clinical assessment skills and diagnostic and documentation skills. Must be available Wed.-Sat., two consecutive overnight shifts and Fri./Sat. night. Master's in a mental health discipline required.

Visit www.howardcenter.org for more details and complete information regarding position.
Howard Center is an Equal Opportunity Employer.
*We offer a comprehensive benefits package with a 401(k) plan, a flexible benefits package, a retirement benefits package, a paid time off plan.

98.9 WOKO
The ABC's of Burlington

AM 1230
WJOY
Morning News

KOOL 105
Classic Hits!

Bridal, Health & Beauty Expo

Sunday, January 30th

**New
Location!**

Noon-3pm
Grand Maple Ballroom
LIVM Davis Center, Burlington

Ideas & Information from 35+ Professionals!

Win Prizes Including a Vacation from...

**Accent
Travel**



Tickets: \$5 Advance/\$7 at the Door

Partial proceeds benefit the Breast Care Center at FAHC

Purchase Tickets at www.woko.com or www.wkol.com

There Goes the Groom

The woods are lovely dark and deep," wrote Robert Frost from his Shaftsbury house in 1922. The third annual "Get Out and Backcountry Ski" Festival looks at the untamed winter terrain with similar appreciation. Shunning groomed trails, the daylong workshop, geared toward beginning and intermediate skiers, takes place on "a huge expanse of backcountry trails" offering everything from unbroken powder

to steep inclines, says Catamount Trail Association executive director Jim Fredricka. Participants take advantage of equipment demos, educational talks and instructional sessions throughout the day. At the après-ski finale, skiers warm up over beer and light fare while watching video footage of their efforts. Cross your ski poles for fresh powder — "That's when you have the most fun," says Fredricka.

GET OUT AND BACKCOUNTRY SKI FESTIVAL

Saturday, January 23, 9 a.m. to 5 p.m., Catamount Valley Nordic Center, 540-693-6666. Includes trail pass. Limited to 80 participants. Pre-register by January 21. Prices include the Catamount Trail Association's 10% off 2008 catamounttrail.org

1.22 & 23 | THEATER

Top Tent

It's "a whole lot of comedy, a dash of politics, but also pretty deep spirituality in a nondenominational sense," says Maine-based performer and playwright Carolyn Gage of *The Lesbian Tent Revival*. In short, her one-woman show is not your average church service — actually, it's not a church service at all. In the style of what Gage calls "an old-time camp revival," her performances, made of colorful womenhood and lesbianism — "Because if we don't tell our stories, nobody else will," she explains on her website. It's really feminist theory, but it's done in a really entertaining way," opines organizer Ellen Carme, who saw Gage perform at last summer's Michigan Womyn's Music Festival. See what she means at Saturday's *The Seven Deadly Sins and How to Bring More of Them Into Your Life* and Sunday's *"Marriage Counseling"*.



THE LESBIAN TENT REVIVAL

Saturday, January 22, 7 p.m., and Sunday, January 23, 4 p.m., at Union Church in Burlington. \$9 to \$10, 343-7058. Info: mainebowlrevival.org

COURTESY OF CATAMOUNT

Health & Wellness Day

Saturday, January 22nd • 9-2pm

Qigong Class

FREE 15 minute massages

Health Lectures through out the day • Call for more information

Conveniently located at the Essex Shoppes & Cinema
21 Essex Way, Suite 108, Essex Jct. Vermont
(802) 288-8180 • www.elementsofhealing.net



calendar

MOBILE NEWS

VISITING TIGER ORCHESTRA REHEARSAL: Live and on-demand videos of the orchestra's concert mounts schedule tickets around 1 p.m. on Jan. 19 at www.visitingsymphony.org.
TELEVISION: *60 Minutes* on Jan. 19, 8 p.m. (ET/PT).
TELEVISION: *60 Minutes* on Jan. 19, 8 p.m. (ET/PT).
TELEVISION: *60 Minutes* on Jan. 19, 8 p.m. (ET/PT).

SPORTS

CAPSTONE WORKSHOP WITH BALE FOLLOWED BY BANQUET: Participants ages 12 and up are invited to the annual banquet and dance at the Essex Shoppes & Cinema on Jan. 19, 7 p.m. (ET/PT).
TELEVISION: *60 Minutes* on Jan. 19, 8 p.m. (ET/PT).

RECREATION

AMERICAN HOCKEY: See 10:30 p.m. on Jan. 19, 8 p.m. (ET/PT).

ARTS

AMERICAN HOCKEY: See 10:30 p.m. on Jan. 19, 8 p.m. (ET/PT).

TECHNOLOGY

AMERICAN HOCKEY: See 10:30 p.m. on Jan. 19, 8 p.m. (ET/PT).

ENTERTAINMENT

AMERICAN HOCKEY: See 10:30 p.m. on Jan. 19, 8 p.m. (ET/PT).

MOVIES

AMERICAN HOCKEY: See 10:30 p.m. on Jan. 19, 8 p.m. (ET/PT).

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TELEVISION

AMERICAN HOCKEY: See 10:30 p.m. on Jan. 19, 8 p.m. (ET/PT).

AVA ARRIVES AT CVMC ON 1.11.11



That would be the beautiful Ava Barndoff. Of Berlin, NH 70s / 80s and 10" of her. While contemplating her birth it occurred to little Ava - "why wait until the planned January 19 when I can really make an entrance on 1.11.11 in a blizzard no less?" And so it was. And doesn't her papa (see look proud?) And her mom, Abby Jernic, contemplating her daughter's birth declared "Excellent! I was pregnant! This was the best ever!" Brother James (21 months) seemed to prefer the gadgets at hand but he perked right up when we declared that little Ava looks just like her big brother. Proud like papa. We wish with all the best. May the serendipity of 1.11.11 birth forever stay with the lovely Barndoff family of Berlin.



Ryan J. Jernic, M.D.



Abby Jernic, M.D.



Kristin Hamstead, RN



Morgan M. Jernic, M.D.



Steven Babin, M.D.



Michael W. Jernic, M.D.

Central Vermont Medical Center

Central To Your Well Being • cvmc.org

Central Vermont Women's Health • 371-5811
Call 371-4613 to schedule a tour of our
Garden Path Birthing Center

Best Hospital • Best Employer



Say you saw it in... **SEVEN DAYS** sevendaysvt.com

AMERICAN HOCKEY: See 10:30 p.m. on Jan. 19, 8 p.m. (ET/PT).
TELEVISION: *60 Minutes* on Jan. 19, 8 p.m. (ET/PT).
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RECREATION

AMERICAN HOCKEY: See 10:30 p.m. on Jan. 19, 8 p.m. (ET/PT).

ARTS

AMERICAN HOCKEY: See 10:30 p.m. on Jan. 19, 8 p.m. (ET/PT).

TECHNOLOGY

AMERICAN HOCKEY: See 10:30 p.m. on Jan. 19, 8 p.m. (ET/PT).

ENTERTAINMENT

AMERICAN HOCKEY: See 10:30 p.m. on Jan. 19, 8 p.m. (ET/PT).

MOVIES

AMERICAN HOCKEY: See 10:30 p.m. on Jan. 19, 8 p.m. (ET/PT).

TELEVISION

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SPORTS

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Chubby Wonder

Joey Pizza Slice turns audio trash into pop treasure

BY MATT BUSHLOW

Joey Pizza Slice is getting loose. He's sitting on the floor of his apartment, leaning against an old, stained mattress and holding his band out the window as he smokes a cigarette. His belly pushes out a bit from under an inside-out, indigo-colored hoodie. A few stubbly dreadlocks stick out of his head like tentacles. The secret of cheap-pot smoke hangs in the air.

He takes another puff of his cigarette, blows it out the window and explains that, no, there isn't any singing on his new album, *A Study in Eraser Headless Tapes*. Recording:

"It's all kind of live mixing," says Pizza Slice, who is uncomfortable in divulging his real name. "There's no postmixing of any kind. There wouldn't be any possible way to do it."

That's because Pizza Slice, 28, didn't record his album the way most artists do, using gear that allows them to record until they get great takes and then create a meticulous mix. Instead, he used a technique he discovered in 2005, when he bought a beat-up cassette recorder at a thrift shop in New Jersey. Pizza Slice worked at a gas station at the time, and recorded musical sets during his downtime to the service booth. He realized his new recorder was different when he recorded a tape to record over some earlier ideas and the old audio didn't erase. The recordings just overlaid. He figured out pretty quickly that he could sing something, then playback and record his next thoughts or keyboard or percussion over it. Anything he wanted to, really.

The only thing he was, he couldn't go back and make any changes. Once something was on the tape, it was permanent.

He principally recorded an entire "extramusical" album and gave it out to a bunch of his friends. When they came back to him and told him the album was amazing, he just laughed and said, "I have no idea why it does that."

It wasn't until a few months later that someone at a party told him the recorder was probably missing its eraser head. The head normally engages when you press the record button on a tape player and erases old audio milliseconds before the record head lays down your voice. His original recorder had died, so, after the party, Pizza Slice went home and

removed the eraser head from another machine. It worked.

A few months later he moved to Burlington and began volunteering at Juno's Junkies, a thrift store in the Old North End. There he began to appreciate what he calls "junk music and equipment." Pizza Slice started spending all his money on old, cast-off gear such as Panasonic Shinkai tape recorders — his favorite — and cheap plastic Yamaha keyboards from the 1980s.

band's Opposite Affair *Musicbox*. It was the last time he recorded in digital. The band eventually broke up, and Pizza Slice started playing solo shows, singing karaoke-style to tracks he had recorded using his tape machine. They were rough, lo-fi and catchy.

To him, karaoke was the ideal way for a home recording guy to perform. The tracks were perfect and there was no need to deal with, but one night a friend disagreed with him, dismissing karaoke

best, then pressed record again. The beat disappears and he plays a keyboard part. Then the high-pitched whir of recording tape fills the air, and he him play "You can hear the drums again, as well as the keyboard part. Then he'll add a bass line. He keeps doing this — recording, playing, erasing, singing, recording — until he's declared that he's finished."

It's hard to know what he's finished, exactly, as the only thing the crowd — or Pizza Slice himself — has heard is a few seconds of music at a time while he assembled the song. But when he plays the tape, more often than not, a wild, documented pop track blows out. *Absolutely*, he tapes the tape into the crowd.

"It's pretty much making music in a blind way," says Toby Amerson, a Burlington-based experimental musician and co-owner of cassette-tape label NMA Tapes. NMA recently released a boxed set of Burlington music that included some of Pizza Slice's songs.

"It's amazingly good at this raw technique," Amerson continues. "It's not that no one else is doing this, but I've never heard anyone making relatively eraser-headless pop music. It's totally weirded out and awesome."

Those are two adjectives that describe *A Study in Eraser Headless Tapes* (Recording, recently released on Vinyl by Portland Tape Records in Washington, Mass.). Whether you think it's more weirded out or awesome depends on your taste. However, Pizza Slice, who recorded *A Study in* at Son of Salento, has an undeniable talent for writing pop hooks. Even amid the same chaos, it's hard not to sing along to lines such as "I know that we'll get together / my pants is a fortune teller" or "Penny girls is a waste of time / 'cause they're boring and they don't have to try" that use things for sure. It's a fantastic journey through 20 songs of eccentricity — and occasionally overkill — in lo-fi trash-pop. And some of it is pure gold. **B**



Joey Pizza Slice

He also started playing around town with his band, New Blood Island. In 2007 they released an album, *Mute Tapes from the Island*, and a 7-inch record, all recorded in a digital format. It wasn't until Pizza Slice was trying to finish songs for a second *New Blood* album that he decided to dedicate himself to eraser-head-less tape recording.

"I was driving me nuts. I had 20 something songs, and I just couldn't finish them," he says. "I was getting more and more into the tape stuff at the time, and it was becoming so liberating that I didn't even want to look at my digital file track."

Pizza Slice burned out editing the 37 songs that appeared on *New Blood* in

as "lazy bullshit." So Pizza Slice rose to the occasion.

"I said, 'All right, I'll fucking record the song live, then sing over it,'" recalls Pizza Slice.

And that's exactly what he did — and still does, combining music and performance art in a way that can be simultaneously bizarre, stirring and confusing.

At shows he sits at a keyboard with one of his Panasonic recorders nearby and literally writes and records a song at the spot. He presses record on the recorder, then plays a programmed drumbeat or taps out a beat on the keys. Then things get strange.

Pizza Slice rewinds the tape, hits play, listens to a few moments of the

A Study in Eraser Headless Tapes Recording by Joey Pizza Slice (aka Joey Bushlow) is available at www.pizzaslice.com. www.pizzaslice.com and facebook.com/pizzaslice

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music

CLUB DATES

WEDNESDAY, APRIL 27, 2011



DAF 22 (L) WITH ADAM BUCK

Pop Off

When did "pop" become a four-letter word? Sure, the vast majority of radio-friendly rock amounts to little more than empty calories for the ears. But does it have to be that way? sure **ADAM** doesn't think so. The 2010 winner of the *New Haven Advocate* reader's poll for Best Rock Band, Adam's brand of catchy-as-hell pop represents a more substantive alternative to the nutrition-free can candy currently occupying the top-40 charts. Dig in this **Saturday** at **Nectar's**.

WED.19

Burlington area

- 60 LAMING** Guitars & Amps presents The Lounge L, part 100 (part 100) 8 p.m. Free
- CLAN HETEROGENE** OH, I found someone who loves me (Thursday with DJ the trip) 10 p.m. Free
- FLANNY K** Anthem (rock) 8 p.m. Free Kananas 9:30 p.m. Free
- LEONARD LEEFORD & CAP** Only Say It (rock) 10 p.m. Free
- LIFF** (DJ) 8 p.m. & 10 p.m. Free (part 100)
- MANHATTAN PRIDE & PUP** Open Mic with Andy Lutz 10 p.m. Free
- THE MCKEY MOORE** Authenticity Meets and More (part 100) 10 p.m. Free
- NEIGHA & PUP** (part 100) 10 p.m. Free
- PARADISE HALL STAGE** Middleweight & Full Moon (part 100) 10 p.m. Free
- RAIDERS HALL** (part 100) 10 p.m. Free
- REID HALL** (part 100) 10 p.m. Free
- SHARON HALL** (part 100) 10 p.m. Free

central

- GREEN MOUNTAIN TAVERN** Open Mic with Andy Lutz 10 p.m. Free
- GREEN MOUNTAIN TAVERN** Open Mic with Andy Lutz 10 p.m. Free
- GREEN MOUNTAIN TAVERN** Open Mic with Andy Lutz 10 p.m. Free

champlain valley

- 60 LAMING** Guitars & Amps presents The Lounge L, part 100 (part 100) 8 p.m. Free
- CITY LIGHTS** Karaoke with DJ the trip 10 p.m. Free
- ON THE RISE BAKERY** Appetizer & Dessert (part 100) 10 p.m. Free
- THE MCKEY MOORE** Authenticity Meets and More (part 100) 10 p.m. Free

north

- 60 LAMING** Guitars & Amps presents The Lounge L, part 100 (part 100) 8 p.m. Free

regional

- 60 LAMING** Guitars & Amps presents The Lounge L, part 100 (part 100) 8 p.m. Free

THU.20

Burlington area

- 60 LAMING** Guitars & Amps presents The Lounge L, part 100 (part 100) 8 p.m. Free
- CITY LIGHTS** Karaoke with DJ the trip 10 p.m. Free
- ON THE RISE BAKERY** Appetizer & Dessert (part 100) 10 p.m. Free
- THE MCKEY MOORE** Authenticity Meets and More (part 100) 10 p.m. Free
- NEIGHA & PUP** (part 100) 10 p.m. Free
- PARADISE HALL STAGE** Middleweight & Full Moon (part 100) 10 p.m. Free
- RAIDERS HALL** (part 100) 10 p.m. Free
- REID HALL** (part 100) 10 p.m. Free
- SHARON HALL** (part 100) 10 p.m. Free

central

- GREEN MOUNTAIN TAVERN** Open Mic with Andy Lutz 10 p.m. Free
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- RAIDERS HALL** (part 100) 10 p.m. Free
- REID HALL** (part 100) 10 p.m. Free
- SHARON HALL** (part 100) 10 p.m. Free

central

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champlain valley

- 60 LAMING** Guitars & Amps presents The Lounge L, part 100 (part 100) 8 p.m. Free
- CITY LIGHTS** Karaoke with DJ the trip 10 p.m. Free
- ON THE RISE BAKERY** Appetizer & Dessert (part 100) 10 p.m. Free

north

- 60 LAMING** Guitars & Amps presents The Lounge L, part 100 (part 100) 8 p.m. Free

regional

- 60 LAMING** Guitars & Amps presents The Lounge L, part 100 (part 100) 8 p.m. Free

FRI.21

Burlington area

- 60 LAMING** Guitars & Amps presents The Lounge L, part 100 (part 100) 8 p.m. Free
- CITY LIGHTS** Karaoke with DJ the trip 10 p.m. Free
- ON THE RISE BAKERY** Appetizer & Dessert (part 100) 10 p.m. Free
- THE MCKEY MOORE** Authenticity Meets and More (part 100) 10 p.m. Free
- NEIGHA & PUP** (part 100) 10 p.m. Free
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- SHARON HALL** (part 100) 10 p.m. Free

central

- GREEN MOUNTAIN TAVERN** Open Mic with Andy Lutz 10 p.m. Free
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- GREEN MOUNTAIN TAVERN** Open Mic with Andy Lutz 10 p.m. Free

SOUND*bites*

CONTINUED FROM PAGE 50

could have walked away with the crown.

It was a banner night for standup comedy in Vermont. Who knew?

BiteTorrent

Spangher's **JOINT MANAGER** is set to unveil a new monthly series in *Parade* on Wednesday, January 19—the day the paper can cut out and read "Mad Max's Full Moon Musings." The evening star attraction is **Maureen's new band, MAUREEN MAUREEN, MAUREEN** (the outfit Maureen's been leading since leaving the *Parade* band) and led by getting by the **MAUREEN MAUREEN**. Meanwhile, in the Acoustic Lounge, **THE MAUREEN MAUREEN** will provide managers while the **MAUREEN MAUREEN** will be referred to simply by title (the members **MAUREEN MAUREEN**, or have their own road by acoustically **MAUREEN MAUREEN**.) The showcase will double as a charity fundraiser each month. The debut edition of Maureen's full moon musings is a fundraiser to help Peter's Greco receive the work after the members of

Welcome back to prodigious songwriter **MIKE JAMISON** and his band **THE MINKY HOUSE**. When he was but a teenager in 2006 and 2007, Jamison, now a student at Bowdoin College in Maine, impressed local critics with a pair of promising indie-rock records. Then, last year, he impressed this critic with *Kaaba Fi*, an album that suggested the songwriter was very, very close to reaching his potential. Jamison's maturation has been rapid, so, one year later, I'm curious to see how far he's come. We can all find out when the band plays a homecoming gig with **DAVIDE SMITH** and **THE DISMEMBERED** and **MELLO DRUMS** at the Monkey House this Thursday, January 20.

Express Thursdays at Nectar's are becoming quite a star-studded affair. Case in point: This Thursday's edition features NYC Americans-based new wave, last seen in Vermont opening for **SHOENIE**, **WILLIE NELSON** and the **Conts** (**JOHN WILLIAMS**) at the Champlain Valley Expo.

Word Norms of the Week



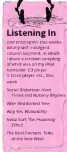
FRIDAY'S FILLINGS: From the hipster hamlet of Oyster-Pearland — that would be the one in Marne — comes this hard-charging indie rock band. They just released a killer new disc, *Mercury, Closest to the Sun*, last month and have two local shows this week: Friday with indie darlings **VILLAGES** at Radio Beams, and Saturday at Muddy Waters with the aforementioned Marjane Smith and the Broomsticks.

Speaking of Villarell, the band plans to release a limited-edition "new four song" EP sometime next month. **Assurance**

This part of Local live electronics-suffit cases
newcomers were just added to
the hall for this Thursday's
Seven Days "Hot Ticket"
along with new arrivals

at the Higher Ground
Shoreline Learning. That is all.

Just beat not beat after reading **MATT FREEMAN'S** profile of **JOEY FERRIS SLOAN** (page 58), you're probably like, *Wow, their sounds are. He never be playing a ratchet show soon, right?* Yup. He is. This weakened, un-fuckin' thing is, it's at an understated venue, so I'm not supposed to tell you exactly when or where it is, for fear of drawing unwanted attention from Burbington's Finest. The whole thing really weighs me between a rock and a hard place, if you know what I mean. But I'm sure the researchers among you will figure it out one way or another. As always, when in doubt, ask a hunter. (E)



REVIEW this



Split Tongue Crow, Split Tongue Crow

(SPLITTONGUE.CC)

The sounds of Burlington music history are blended with bands that released one great album and then, for one reason or another, fell apart, never to be heard from again. In the early 2000s, Burlington's Will were one such promising Queen City outfit. The harmony-heavy, alt-country band released an excellent self-titled debut in 1995. And then... well, nothing. Like so many talented local acts, they simply faded away, providing yet another footnote to the story of Burlington rock city.

But in the taciturnous local rock scene, it's not unusual for various members of different bands to intermingle and form new ones. (Call it the "G.O. Chazy corollary.") In a way, this age-old game of musical chairs promises a comforting sort of continuity. What's more unusual is when the members of a dead act "get the band back together," reuniting with essentially the same lineup after years apart. Just still, when the new incarnation is even better.

Such is the case with Burlington's Burlington Split Tongue Crow. Can you say: four fifths of Will and new vocalist Cam White, the group's self-willed debut picks up where the band left off six years ago. Time again has treated the group well. The new record is compositionally sophisticated and emotionally nuanced, combining Will's knack for heavy hooks with previously unseen depth and maturity.

As with wise, time has mellowed these musicians. Where Will's brand of alt-country often seemed closer to twang-infused indie rock, Split Tongue Crow favors a lighter touch. "Anker" reveals this refined aesthetic in an airy swell

of delicate vocal harmony. Over a steady acoustic guitar arpeggio, lead vocalist and primary songwriter Eain Noonan delivers a cunning melody, balanced by elegant work from backing vocalist and punctuated by electric guitarist David Anderson's fluttering rhapsody. The result is something like an amplified Blind Pilot, or Delanion in their more melodically evocative.

"No Reservations" is the album's centerpiece and the finest example of Split Tongue Crow's matured approach. Bright vocal harmonies and shimmering fiddle's descend along Matt Morris's easy driffls and former Will cohort (and current Cash is King front man) Connor McQuade's organ sustains. It's among the most overtly "alt-country" tracks of the bunch, but still manages to showcase the band's newfound focus. So do the following cuts, "Horns and Valleys," the Wilco-led "The Day You Left This World," and stomping album closer "Barking Up."

Sometimes you don't realize how much you've missed something until you find it again. We've missed Will, but find it quickly fell in love with Split Tongue Crow. Perhaps absence really does make the heart grow fonder.

The band plays the Asheville Stockhouse & Saloon this Saturday, January 22.

DAN BOLLES



The Porters, Future's Disguise

(ONLY RELEASED CD)

On their debut full-length, Future's Disguise, local indie folk trio the Porters offer an artfully constructed take on the genre. Centered on songwriter Jordan Kuzma, the record features a wealth of high-level instrumental ideas, as well as a straddled array of guest instrumentalists who flesh out Kuzma's ambitious tunes with grace and tact. "Candle of Our Home" is gorgeously arranged and impeccably played.

chamber folk. Todd Porter's cello and Rachel Smith's violin attack and then release in a warm wash of special steel and mandolin — courtesy of Robert Luster and mando ace Anne Missfeldt, respectively. Due in large part to the efforts of multi-instrumentalist Jamie Bright, elegant composition is a hallmark of the record, which fuses folk-styled songwriting with classical structures. In their more forceful moments, these players recall chamber-folk darlings Hanna Bathory, or even Iron and Wine. However, Kuzma's loudest singing often detracts from the otherwise spectacular sonic and thematic.

Kuzma is a strong lyricist and songwriter, but he seems to lack confidence in his vocal abilities, which leads to intonation problems and lacking melodic phrases. He has a critically pleasant voice and an obvious ear for melody. It's a shame he doesn't trust himself enough to make often delivers his thoughtful prose and poetry lines with conviction. Because, when he does, the results are stunning.

The title track is one such example. Strings and mandolin drift gently around Kuzma's airy melody, nudged forward by Ryan Hayes' sparse drums work. The Kuzma's swelling acoustic works in concert with Luster's steel in a sweet flowing vocal harmonies, leading to a sprightly string coda at the finish. It's a fully realized and deftly executed song, offering a tantalizing glimpse of the Porters' true potential when they harness all their considerable gifts.

There are other such moments to be found amid the record's 11 tracks. "The Pear" is a touching ballad that captures the sweet innocence of young love. "Satan's Play" features master string work that echoes Kuzma's clever wordplay and sets up the track's enigmatic finish. And the tender ballad "West Coast Relations" closes the album on a high note, featuring fragile harmonies and still more glorious strings.

Though frustrating at times, Future's Disguise introduces a unique, ambient talent in Jordan Kuzma. If he can consistently raise his performance to the level of his stellar supporting cast — as he does at times here — the Porters will become a thriving addition to the vibrant local indie-folk scene.

The Porters celebrate the release of Future's Disguise at the Monkey House this Saturday, January 22.

DAN BOLLES

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JOHNNY WINTER

Saturday, Jan. 22

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I started your recent local touring circuit. The new venue looks great from the original wood floor to the arched glass over the wall lights. It was important to give great the bright stage looked with simple leaders. Here there's the sound! Every one by each musician was captured perfectly. It was a lot we were all having an amazing time from concert experience. Thank you so much for keeping the kind of venue in the Upper Valley. It is a real feel experience and I will be back as often as possible! M.C. Johnson NH

STEVE FORBERT



Sunday, Jan. 23

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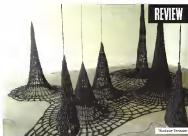
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Balancing Acts

Alisa Dworsky, "Drawing Strength"



Points of View



Surface Tension

Alisa Dworsky has organized deceptively humble rope and bamboo into a few basic geometric shapes in her exhibition "Drawing Strength," which opened last week at the ICA Center (formerly Pheasant Gallery) in Burlington. Each of her two installations — "Surface Tension" in the front room of the First Floor Gallery and "Points of View" in the back room — is a remarkable exercise in suspension. But, while her media are kept to a minimum, there's nothing minimalist about this show. Dworsky crisscrossed 10,000 feet of thick black rope into the former installation and assembled 100 or so bamboo rods for the latter.

In "Surface Tension" the crisscrossed rope forms seven tall, thin cones that will make some viewers think of witches' hats; their points are held aloft by counterweights, while the broader bottom of their cones touch the floor and spread out like the train of a wedding dress. At their base, the shapes are crisscrossed to each other, resulting in a single, netlike pattern that sprouts across the central space of the gallery. The spherical counterweights are crisscrossed in crochet, too,

and suspended at roughly (adult) eye level or higher. The physical dimensions of the work force viewers to cluster around its edges, which lends it a less tangible grandeur, as well.

"Surface Tension" is like an old-fashioned confetti or throwing string machine, directly relating simple geometric shapes to the natural world. In her artist's statement, Dworsky writes, "Instead of suspending to a landscape outdoors, I am building a couple of landscapes within the gallery walls." In her remarks at Friday's reception, she noted that the piece displays the tension between two- and three-dimensional forms.

"Points of View" is a more linear, architectural piece. Here, bamboo sticks have been assembled into three groups of intermeshed tetrahedrons, looking like gigantic pick-up sticks frozen in place. Each tetrahedron is made up of four triangles, and when they are combined in the room-sized installation, they become a puzzle of

three-sided pyramids. As each, they subtly relate to the cones of "Surface Tension," but here the geometry is far more complex.

This intrinsic thickets of bamboo fills the gallery space from floor to ceiling, and Dworsky added reflective blue tape stripes to the sticks that give them the appearance of surveyors' stadia, or leveling rods. These lines imply an invisible horizon across the piece — Dworsky calls it a "shimmering blue waterline" — and create another counterpoint rhythm within the installation. It's especially evident when the viewer regards the installation after dark using the focused beam of a headlamp (available at the gallery), which causes the reflective tape to glow. However, that gimmick is not crucial to experiencing the piece.

It's no surprise that the adjective "architectonic" describes a Dworsky project such as "Points of View." After all, the Miesian artist has a num-

ber's degree in architecture from Yale. The shapes she constructed in "Surface Tension" albeit softer, are just as architectural as they are sculptural.

Dworsky's two-dimensional contributions to the show — the "Fine Cord" series in the front room — are prints of nylon cord transferred to aluminum plates. The layered, ghostly, 9-by-9-inch images appear on 19-by-15-inch pieces of paper. "Fine Cord 58" is a kind of gray, yellow and deep-violet lines clustered in the center of the picture plane. Other pieces in the series, such as "Fine Cord 64," seem to be affected by gravity. A bound mass of textural lines in indigo, yellow and gray opens to let the cord become heaped along the bottom edge of the image.

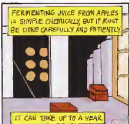
The German modernist architect Ludwig Mies van der Rohe is associated with the expression "Less is more" and "God is in the details." Dworsky seems to take both those statements to heart in her majestic slaphdash of materials and complexity of design.

MARC AMOLDY

WHILE DWORSKY'S MEDIA ARE KEPT TO A MINIMUM, THERE'S NOTHING MINIMALIST ABOUT THE SHOW.

D Lisa Dworsky, "Drawing Strength," rope, bamboo, installed one floor from Gallery ICA Center Burlington, through March 5

THIS IS HOW ALCOHOLIC APPLE CIDER IS MADE ON POVERTY LANE ORCHARDS IN WEST LEBANON, NEW HAMPSHIRE.



JOSH KRAMER

Josh Kramer is a member of the Center for Cartoon Studies in White River, New Hampshire, the group's resident cartoonist. He is the local correspondent for the Center for Cartoon Studies. He also creates cartoons and teaches. See more from this story and others at www.cartoonists.com.



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WILEY

movies

The King's Speech ★★★★★

Have you known Colin Firth's performance in this movie as among the year's very finest. He plays a figure born into almost unimagineable wealth, privilege and power (one quarter of the British race was under British rule at the time) and succeeds at making you feel sorry for him.

Talk about bad timing: For hundreds of years you could have been a member of the royal family and starved. What would have known outside an elite inner circle? But, as Firth's Prince Albert comes of age, a nightmare of a new phenomenon changes all that. Mass media suddenly prisms and kings find themselves confronted by radio microphones and newspaper cameras.

The film opens with one such occasion. It's 1936 and King George V (Michael Gambon) has asked his stationer to come to deliver an inaugural address in the British Empire Exhibition at Wembley. Director Tom Hooper tells us everything we need to know in a quick series of beautifully potent shots.

We see Firth walking backstage with the look of a man going to the gallows. The sympathy is the apex of his wit—played

by a never-better Jorian Kohan. Gaffer and the microphone on the faces of the attendants when the Duke of York steps up to the microphone, opens his mouth and each raises that, amplified, sound like the strapping of many large birds.

Indefatigable in her quest to find help for her husband, the Duchess seeks out Lionel Logue, a speech therapist known for his unconventional methods and aggressive record of success. Geoffrey Rush does some of the most colorful work of his career as the role of the beleaguered Australian who insists on holding daily sessions when he's home from office and addressing the future monarch by his first name, "Bertrik."

What comes to cinema that's consistently satisfying on several levels. It's immediately affecting as the story of two men forging the most unlikely of friendships. Logue defies class boundaries, adding highly personal questions in an effort to get to the root of the client's crippling affliction, as the prince comes to know and understand the future king as virtually no one else on Earth does.

The movie offers the pleasures of a gripping historical drama, as well. Hitler



BIGAL PAUL

Firth plays an heir to the British throne who must make public life a private hell.

was making war more accessible by the day. England needed a leader who projected strength and confidence. When Albert's older brother, Edward (Guy Pearce), succumbs to the throne and dies, a year later a belated son to marry Elizabeth (Wendie Smallbone) (Eve Best), the prince's worst fear is realized. The meticulously researched script by David Seidler provides a fascinating glimpse behind the scenes at both the pomp and personal perplexities attendant to such a transition.

Of course, it's a love story, too. Never for a second is the mutual devotion between

the future king and queen anything less than credible and moving. Barbara Corrie steps inside her own front zone and does the stand-by for your man: there is no calamity to inspire even his miseries.

More than anything, though, this is a story of personal struggle, of a wounded soul's lifelong battle to walk back his defeat and his dreams. With a swelling shout of meaning, Groppey's shot, miserably acted, bewailing words become words and wisdom. The King's Speech isn't merely one of the year's best movies. It rules.

RICK KISONAK

The Way Back ★★★★★

Some stories are so inspiring that people want them to be true. Such is the story in *The Way Back*, a 2010 look at which Polish refugee Bronislaw Dzwonkiewicz escaped from a Siberian prison camp and 4,000-mile journey by foot across Russia, the Gobi Desert and the Himalayas to freedom in India.

To this day as an owner of square meals to the "long walk" Dzwonkiewicz inspired by American rescuee Ben & Jerry, whom I interviewed last week, suggests that Dzwonkiewicz did his own World War II on over the James Frey manuscript. The strange history of the tale itself—complete with competing li-

velly storylines—might make for a clever and convoluted movie.

But *The Way Back* adaptation, the *Way Back*, takes a more straightforward approach to the long walk. It tells the true story and calls it "inspired by the book, not based on it."

The prep work, an already young Pole played by Sam Claflin, was named Bronislaw and other elements have been heavily fictionalized. Still true or not—and despite moments of boldness—the story remains inspiring.

When the Soviet desert police Bronislaw in Siberia at the start of the film, they tell him to stay in his prison. Climate, terrain and the sheer quest of finding his purpose inspire

him to escape. But war hero and his companion in misery— including an enigmatic American who calls himself Mr. Smith (Ed Harris) and a hardened Russian criminal (Colin Farrell)—have nothing to lose. They jump the wire and confront their real names on geography.

Working with Russell Repil his cinematographer since *Chaplin* (1999), *Way Back* gets the great open spaces of central Asia— sublime, stark, beautiful and desolating—the story of a character in the film. National Geographic Entertainment coproducer and it shows.

The human stories are compelling, too. Though several cast members are linked with late screen star Claflin makes the most of his Russian dog, becoming it up as a heady-eyed killer who will go to any lengths to protect his master's rugged dignity.

But most affecting is Bronislaw's Russian, the young actress from Azerbaijan as a quietly determined Polish teenager who joins the group along the way. According to Dzwonkiewicz's wife, her husband couldn't tell this part of his tale without weeping. War and Russia do justice to it—fictional or not.

In general, *Way Back* and co-writer Keith B. Clarke meet the inspiration to add Hollywood happy endings to Bronislaw's story. Still the conclusion, that is when they see newsreels to turn the "long walk" into a metaphor for Europe's long emergence from communist domination. (The film *The Way Back* only makes sense in this light.)

In doing so, I think, the filmmakers lose sight of the theme that makes all great war movies so powerful. The "long walk" doesn't end when you reach India, as when you enter your own and escape from that Irish prison, as when the Berlin Wall falls. It ends when you die.

The Dilemma ★★

Every now and then, someone comes along and makes a comedy based on the real (in Hollywood) premise that adult straight men have feelings. *The Dilemma* can say that. *The Dilemma*, the first entry in this long genre, is that it makes Jack Assante's screen funny. People look like a work of comic genius. After Lacey's script finds out the characters so badly that the roles seem like they're still reading for their roles, not playing them.

As a guy who lives the so-called dilemma of whether to tell best friend Kevin James that he has sex (Wince Ryder) has been straggled on him, only Vince Vaughn can carry such the audience. For that, Vaughn often appears to be way off base, in number and wonder more. A scene involving him, Channing Tatum, a baseball bat and a fish tank is so odd it qualifies as genuine dark comedy, unlike the rest of the film. Watch it—comedy on YouTube.

MARCO HARRISON



NEAL WEAVER

Firth didn't think his character was much of a hero. He's a private soldier.

ARIES (March 21-April 19) The age old question arises up for review again: Which should predominate: Independence or interdependence? The answer is always either one, of course, depending on the tenor of the time and the phase of your evolution. But in the coming weeks, at least, my view is that you should put more emphasis on interdependence. I think you'll find happy benefits from wholeheartedly blending your energies with others whose power and intelligence match yours.

TAURUS (April 20-May 20) I find many of you Tauruses to be excessively self-observing. It's a trait that can be both endearing and maddening. Even in my heart needs in the presence of Bulls who are understanding, there can be jealousy. I may add that the possibility there by the Tauruses and sharing some confidence also there: bringing down with trusted confidantes like: defense in your act as much as believe anyone, for that matter. But in pursuing freedom be tempted to do what anyone says. You appear to be due for a big crisis of self-esteem.

GEMINI (May 21-June 20) It will be good news to tell your Gemini go utility bills were flooding in from a TV and sleeping away, not, or to spend hours curled up in a bed under the covers on your bed as you battle yourself with getting outside for the weather you've made in your life. NOT! I'm kidding. Please don't go down do anything. But then, it would be to handle waste on the road as biological wastes that are coming to love on you here are same better idea: do test the fire on the mountain. Consider a secret in the sanctuary. Unless a touch the air from a new emotion in the wilderness. Study the waste, which people you know as that you too can be easily what.

CANCER (June 21-July 22) This would be an excellent time to grow madly and deeply about the life old offers that shrouded your heart. For many years a better astrological companion than there is here for putting the residual anguish from those old wounds collapsed. So I suggest you conduct a formal ritual that will provide total resources and bring you maximum catharsis. Maybe you could make a shrine containing the photos and objects that keep a part of you stuck in

the past, and maybe you could find the bold words and innovative gestures that will do pride to them forever. Do you have any intentions about how to create a moving healing ceremony?

LEO (July 23-Aug. 22) The History cable TV channel has a reality TV show called "Ice Road Truckers." It documents the exploits of drivers who haul heavy loads in their 18 wheelers for long distances across frozen rivers and mountains in Alaska and northwest Canada. They bring supplies to remote outposts where humans need, except jobs that making diamonds and drilling for natural gas. If you have an ice-trading skills, too, you'd be a good candidate to apply for a gig on the show. According to my analysis of the astrological portrait, your levels of courage and adventurousness will rise up as late as late 2011. May I suggest, though, that you try to make your trips in the freezer more purely pleasurable than what the ice road truckers have to endure?

VIRGO (Aug. 23-Sept. 22) Play chessmate. Kirby Perry is somewhat not only for her singing ability but also for her physical appearance. Her professional ability to sell her music as presents can be exhibited in part by her singing good looks and chemistry. That's why I was amazed when her husband, the musician Russell Brand, twinned a few photos of her that he took as she lifted her head off the pillow, awakening him a night of sleep (See it at tiny.cc/brandk1). Without her melodic, Kirby Perry was spectacularly and very fast, very girly. In relationship with the ill-edged, serious, deep, I urge you to do what Russell Brand did: expose the reality that lies beneath and behind the glamorous illusion, either in person or anywhere else you find a need.

LIBRA (Sept. 23-Oct. 22) While I was growing up I was taught to regard my analytical mind as a superior tool for understanding reality. I've never stopped believing that. However, I eventually realized I had to add the following corollary: It's essential to know if my mind and emotions are in contact with the facts on the analytical mind. If I need to regularly express my playful, creative spirit and that requires me to sometimes



Aquarius

(Jan. 20-Feb. 18)

In the early 20th century, many scientists at the beach owned most of their bodies with skeletons made of wood. If they went in the water, they'd emerge about 20 pounds heavier. So swimming was a challenge. Your current psychic state has a resemblance to what you'd feel like if you were wearing a drenched wooden clown suit and a drenched wooden robe. My advice? Take it off, take it all off. The astrological answer we clear. Whatever your reasons were for being in that group in the first place are no longer valid.

Uncover my analytical mind. I to maintain my comfort with reality. I have to work with my dreams, which allow in a corner where the analytical mind is not real and long. Some say it's wrong but for you, Libras, it is an excellent time to cultivate other modes of intelligence besides your analytical mind.

SCORPIO (Oct. 23-Nov. 21) If you're planning on spending any time traveling during the next few months, this would be an excellent time to do it. Your reaction time is slowing down, which is a very healthy thing. Meanwhile your allegorical contributions are rising up, your heart is too full of things to say, your mind, and your heart, comes a break from the

subtle games and threat tactics of daily life. To go first some secret desire to make friends. Sooner. Trust yourself to a slow motion glide through the complexities of life.

SAGITTARIUS (Nov. 22-Dec. 21) "Dear Bob: At my life, I've been passionate about the picture — learning how the universe works, including all the things that are the way they are and probing the endless series working behind the scenes. Two others though, I'm so excited of these expansive concepts that I expect to pay enough humble attention to writing it, embracing it, loving the subject. I expect on being sure of the first. Any advice?" —Larger Than Life Sagittarius: "Dear Larger Than Life: As such Members of the Sagittarius tribe have entered a phase where they can make up for their previous neglect of the human eye details. In the coming years, that you'll find it as fun and interesting to attend to your own kids than you normally do at age 10, and looking at the eyes of the camera."

CAPRICORN (Dec. 22-Jan. 19) All the great creative studies say that the crime rate is steadily decreasing, and yet there are at every two people between 10,000. What conclusions can we draw from this curious discrepancy? Here's one: The majority of the population is predisposed toward pessimism in my astrological opinion. Capricorn, you can afford to be optimistic in this pessimistic age. If you are, it will interfere with and probably even nullify the qualifications that you say I'm not asking you to be absolutely optimistic. And if I'm not asking you, I understand you might have to be absolutely gloomy.

PISCES (Feb. 19-March 20) In connection Susan Sarandon's memoir, The Observer Stories of Caring, Reflections, and the other, she confesses that she was still waiting for and at age 19 Depression was a constant companion throughout adolescence, and she took a lot of time. For somehow she grew into such a born adult that she was able to control her emotions to make the strongest for her look. How did she manage that? This is one of the most important lessons I've learned. I predict that a comparable reversal of fortune is ahead for you. Please, some part of your past will be released, either peacefully with the very help of industry.

CHECK OUT ROB BUCKZARY'S EXPANDED READER AND MAGAZINES AT: ONLY TEXT MESSAGE SUBSCRIBERS: MAILBUTTERFLY.COM OR 1-877-833-ARIES



Natural Primary Care

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Curses, Follies Again

Police said two men making their getaway after an armed robbery at Orange County, Fla., tried to distract authorities from pursuing them by reporting a carjacking. The vehicle they described, however, was the same white Honda Accord they were driving. Law enforcement officers spotted it and arrested the suspects, charging them with filing a false report in addition to the armed robbery charge. (Orlando's WFTV-TV)

During a traffic stop in Great Falls, Mo., June 26, two officers, who had three outstanding warrants for his arrest, told police his name was Timothy Michael Koop Jr. The officer learned that Timothy Michael Koop Jr. was also wanted and arrested. When he told authorities his real name, they added a charge of issuing a false report. (Great Falls Tribune)

Smoking, Glass Heroes

Mark Moody, 40, was taking a cigarette break on the window ledge of his second-floor apartment and talking on his cell phone when two New York City police officers striped and asked if he intended to commit suicide. He explained the ledge was his regular smoking spot and pointed out that he was only 12 feet off the ground and would probably just sprain his wrist if he jumped. The officers insisted he come down anyway. When he refused, they summoned three ambulances and four other patrol cars, broke down Moody's door and took him to a hospital psychiatric ward for observation. The on-duty psychiatrist interviewed him briefly, concluded he was sane, apologetic and released him. Moody, who happens to be a lawyer, filed a \$600,000 lawsuit against the city and the officers. (New York Post)

New Zealand's Gambling Commission ruled that a suburban Wellington pub could operate video poker machines in an outdoor area where smoking is allowed. The Department of Internal Affairs had tried to ban the machines, citing a link between smoking and problem gambling. The Gambling Commission said that the ban would have interfered "with the enjoyment of customers carrying out lawful activities" — smoking and gambling. (New Zealand's NZX)

Silver Lining

New York City authorities credit a poor Christmas blizzard with saving the life of Yurpina "Arlinda" Kapote, 26, who tried to commit suicide on Jan. 2 by jumping from his ninth-floor apartment window. Police said he landed on top of a mountain of trash bags that had been piling up since nearly 1.5 feet of snow fell on Dec. 26. (New York Post)

First-Amendment Pollies

Oklahoma's Department of Rehabilitation and Correction changed its rules to shorten the last words of condemned prisoners after Michael Brooks, 48, took 17 minutes to make his final statements before he was executed. He spent the time reciting the rosary, apologizing and saying prayers. "The warden may impose reasonable restrictions on the content and length of the statement," the new rules state. "The warden may also impute a statement that he or she believes is intentionally offensive to the witness." Dale Bush, Brooks' public defender and a witness at the execution, insisted his client "did not filibuster."

Oklahoma had allowed unlimited statements after a 1990 lawsuit challenged the existing policy, which permitted only a written statement to be read after an inmate's death. Kentucky and Washington both impose a two-minute limit. Virginia allows statements but began the execution of a few seconds later, even if the inmate hasn't finished. (Columbus Dispatch)

No-Rest Room

Jacqueline Cutright, 70, told police she was in the bathroom of her Akron, Ohio, home around 2 a.m. when a man wearing a clown mask threw open the bathroom door and threatened her with a knife. "I was on the commode," she said, "so it was kind of a surprise." The intruder demanded money, took some cash and costume jewelry, then fled in Cutright's 1991 Ford Escort. He made it to the end of the street before rolling the car twice, according to police responding to Cutright's 911 call. Officers detained Cory Buckley, 22, who confessed after a knife fell from his pants pocket. (Akron's WUW-TV)

A woman at a rural house in Wood County, Miss., and Nichole Petroski Hodge, 31, moved into the house around 2:40 a.m. and demanded money. He sat on a toilet in the kitchen and refused to move, according to sheriff's investigator King Glover, who and Hodge eventually did leave. Glover added, "I've not seen why they had a toilet in the kitchen" (Mississippi Daily News)

Reasonable Explanation

After Raymond Hertz Jr., 28, was caught using a false penis and bladder device during a court-ordered drug test, he told a judge in Northampton County, Pa., he strapped on the Whitmanizer only because probation officers kept making fun of the size of his real penis. Judge Michael Koenig Jr. rejected Hertz's explanation and sentenced him to prison for violating probation. (Allentown's Morning Call)

GET FIT, SAVE BIG!

Clearance Sale going on now!

SALE \$65 Reg. \$85
Men's & Women's 3-1/2 Trail Runner

SALE \$65 Reg. \$85
Men's & Women's 140 Running Shoe

SALE \$55 Reg. \$85
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SALE \$65 Reg. \$100
Men's & Women's 760 Runner

SALE \$80 Reg. \$120
Men's & Women's 1084 Running Shoe

SALE \$70 Reg. \$100
Men's & Women's 675 Trail Runner

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GET A GIFT CARD FOR CHRISTMAS!
Use it on these styles, get more value.

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Customer savings limited to one sale only, while supplies last. See store for details.

CVMC Rehabilitation Services Invites You to our CVMC Aquatic Wellness Center Open House



Monday, January 24, 2011 / 10am-5pm

244 Granger Road, Acute
Pool Entry is \$5.00. Not for Residents in Putnam and Central Vermont Primary Care
10am-11am: Kidzone Crafting
11am-1pm: Self-guided tours
1pm-3pm: Complimentary Training Clinic and Gait Assessment**

*Free gait analysis by licensed CVMC physical therapists. All therapists have moved continuing education to this area and schedule in analysis of gait

Now taking appointments for treatment**

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CV Central Vermont Medical Center

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LULU EIGHTEEN

**INDENT BOX**

TROUBLESHOOTING



COMICS+puzzles

MORE PUZZLES!
CROSSWORD PUZZLE
(PG. 6) & IN CLASSIFIEDS

MORE COMICS!
THE NEWCOMES (PG. 8)
BIG MEAT (PG. 9)

MORE FUN!
FIVE WALL ASTROLOGY (PG. 1)
& NEWS QUIZES (PG. 2)



⊗ CALCOKU BY JOSH KEYMELOE

DIFFICULTY THIS WEEK: ★★★

For the upcoming numbers it is only once in each row and column. The numbers in the bottom number in the box cannot change. Using the arithmetic operation indicated, a new number should be filled in with the target number in the top corner. A number can be repeated within a sign as long as it is not the same operation.



⊗ SUDOKU BY JOSH KEYMELOE

DIFFICULTY THIS WEEK: ★★★

Place a number in the empty boxes in such a way that each row, column, each column, row and each 3x3 square contains all the numbers from 1 to 9. The same numbers cannot be repeated in a row or column.

★ = MODERATE ★★ = CHALLENGING ★★★ = HARD BOY — FIND ANSWERS & CROSSWORD IN THE CLASSIFIEDS SECTION

NEW CARTOON HERE!

"Dogg's World" has returned and seven days is seeing a new cartoon for this space. In fact, we're considering an "out" with the old in with the new" shake up for our funny pages. And we'd like some input from you as follows:

1. Suggest a single panel replacement for "Dogg's World"
2. Tell us your 3 favorite cartoons on these pages.
3. Name 1 to 3 cartoons you'd like to see on these pages.

Send your ideas to gameofthecorrespondent.com by Friday, January 27, and ask for the reformed pages sent.

NO EXIT

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LITTLE TOOTS



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absolutely exquisite shoes
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WOMEN looking?

QUIZ & GOSPEL
I'm a single dad available for looking, after finding a lady to send nudes, photos & possibly a video or two in the future. **Message: 25 31 470986**

FIND A GIRL

302 years for the first time I find a girl who wants to have sex. I'm looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. **Message: 25 31 470986**

LOOKING FOR A PLAYMATE?

I'm a young lady looking for a playmate. I'm a young lady looking for a playmate. I'm a young lady looking for a playmate. **Message: 25 31 470986**

HUNGRY

I'm a single dad looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. **Message: 25 31 470986**

NAUGHTY LOCAL GIRLS WANT TO GO DOWN WITH YOU

1-888-420-8ABE
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per min.

SWEET & SASSY

I'm a single dad looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. **Message: 25 31 470986**

WE NEED CAN YOU HELP

I'm a single dad looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. **Message: 25 31 470986**

For group fun, BDSM play, and full-on kink: sevendaysvt.com/personals

FIND IT

I'm a single dad looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. **Message: 25 31 470986**

HITS JUST REAL

I'm a single dad looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. **Message: 25 31 470986**

LET'S GET CREATIVE TOGETHER

I'm a single dad looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. **Message: 25 31 470986**

ALWAYS IN NEVER USED

I'm a single dad looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. **Message: 25 31 470986**

CURIOUS?

You read Seven Days, these people read Seven Days—you already have at least one thing in common!

All the action is online. Browse more than 2000 local singles with profiles including photos, voice messages, videos, desires, and more.

It's free to place your own profile online. Don't worry, you'll be in good company.

See photos of this person online.

Here this person's voice online.

NOT ON THE 'NET'? You can't figure us out for any of the kinky folks above by calling.

1-520-547-4568

MEN looking?

THE PLAYBOY
Hello, my name is Jerry. I'm looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. **Message: 25 31 470986**

A FEMININE

I'm a single dad looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. **Message: 25 31 470986**

CHICKEN & BROWN SHIRT

I'm a single dad looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. **Message: 25 31 470986**

GLAM-HOLE & YOUNG BOY

I'm a single dad looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. **Message: 25 31 470986**

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OLDER, HUNGRY LOCAL

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ALWAYS IN NEVER USED

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HARRIED TO-BULL SHIT PARTNER

I'm a single dad looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. **Message: 25 31 470986**

WANT TO LEARN SOMETHING NEW?
Looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. **Message: 25 31 470986**

ADVENTUROUS DESKTOP? TENDRIL, PLEASE!

I'm a single dad looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. **Message: 25 31 470986**

WILLING, ATLE, DOLL, CHAMBER, HARRISON

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DOWNTOWN BROWN

I'm a single dad looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. **Message: 25 31 470986**

FROM HIS ONLINE PROFILE, What is your hottest feature and why?

My eyes. I get compliments on them all the time.

YOUR AMABLE WILLING CHAMBER

I'm a single dad looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. I'm looking for a girl who wants to have sex. **Message: 25 31 470986**

WOMAN HAVE THE FIRST?

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CUTE WITH A BODY?

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DINES

REAL EXPERIENCES WITHOUT NO GAMES

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GO AWAY? BACK TO PAGE



Natural Foods Market

START YOUR YEAR WITH A ZING

Beneficial Citrus

Citrus fruits—oranges, grapefruits, lemons, limes and clementines, to name a few, are winter's wild and zesty necessities. These juicy gems arrive from sunny, tropical regions, bringing healthy doses of vitamin C, potassium, niacin, b6, phosphorous and magnesium into our diets. A welcomed taste during the midwinter blahs, they inject a light, warm essence to sauces, salads and main dishes. It doesn't take much – a little lemon zest with its fleshy, fragrant oils, can uplift the air and enhance flavor in sauces and marinades.

Add a blood orange to seltzer for a fresh spritzer.

Divvy up a tangelo and toss it with some walnuts over a salad. Make fresh squeezed juice with a hearty breakfast. Citrus fruits will inspire your mood and awaken your tastebuds from hibernation!

Not to mention, they'll satisfy your sweet tooth in a variety of creamy, whipped and fruity desserts.

Olives with Citrus and Thyme Oil

- 1 Orange
- 1 Lemon
- 4 Garlic Cloves
- 1/2 cup Spanish Olive Oil
- 2 sprigs Thyme
- 1/2 lb Olives
- 1 tsp Salt, if needed

Combine the garlic, the thyme and the olive oil in a small pot and place it over low heat. Heat until the oil begins to lightly fry the aromatics and then shut off the heat. Set the mixture aside and let it cool to room temperature. When it is cool, add the zest of the orange, the zest of the lemons, and the juice of the orange. Add the olives and mix well. Cover with olive oil and let marinate. Serve as the accompaniment with good bread for dipping.

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